SPACE GEEKS TWEETING NASA LAUNCH, PG8

Teach English
and make a world of difference
562-8378
Free Teach English Abroad Seminar
this Tuesday Nov. 17th - 7pm
Winter TESOL: Nov. 24th - 29th
United TESOL International College of Teacher Training
unitedtesol.com
41 York St.
No Degree required

The world's largest global newspaper
metro
OTTAWA • MONDAY, NOVEMBER 16, 2009
metronews.ca

Fitness • Kickboxing • Kettlebell • Sand Bag Training
ORLEANS & KANATA
ADVENTURE BOOT CAMP
BEYOND ORDINARY FITNESS ROUTINES
www.AMDBootCamp.com
Camp is Now Indoors!
Louis Riel Dome (Orleans)
(*Indoor Camps sell out - limited space available)
Next Camp starts Nov. 23
4 week fitness program
2, 3 or 5 days a week
2007 & 2008 PEOPLES CHOICE AWARD WINNER!

Federal labs struggle with tracking: Audit

HEALTH Government labs, including the one handling samples of swine flu, struggle to keep track of viruses and bacteria, found an audit done in June.

The Public Health Agency of Canada document warns weak controls at federal facilities could allow harmful pathogens to go missing, or be used for less-than-scientific purposes.

Part of the problem, the audit found, is that each lab has its own way of taking stock of its germs.

It also found the agency needs to do a better job of making sure workers are assigned the proper levels of access to restricted areas and classified information.

THE CANADIAN PRESS

News on the Move
What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3
m.metronews.ca
SCANLIFE

Celebrity Buzz pg 18

Angie more crafty than Jen?

Canada pg 5

Clown trumps war: Report

On the web
Visit metronews.ca for news updates

Radio City spectacular **Kickin' up for Christmas**

MIKE CARROCCETTO/FOR METRO OTTAWA

The world-famous Rockettes perform during the Radio City Christmas Spectacular in front of 7,000 at Scotiabank Place last night. This was the first time the Rockettes — a precision dance group that normally calls the Radio City Music Hall in New York City home — has brought the arena production to Ottawa.

Parents raise concerns over bus stroller policy

Proposals said to discourage transit use, present safety issues

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

Parents of young children say a proposed new policy for strollers on OC Transpo buses will make them feel unwelcome to use public transit.

The new policy would restrict the size and number of open strollers allowed on buses at any one time. If it is approved by the transit committee on Wednesday, only one open stroller would be allowed on a bus at a time, and it must be placed in a wheelchair position. If a person in a wheelchair requires that space, the stroller would have to be folded and stowed, while the child would ride seated on the parent's lap.

Bay Ward Coun. Alex Cullen, chair of the transit committee said the policy comes from consultations with the accessibility and seniors' advisory committees and around 20 other cities.

"It's trying to deal with a difficult problem. We get a lot of complaints from passengers about strollers blocking the way," he said. "We do want parents with young kids getting on the bus, but we have to do something about the strollers."

However, Amanda Potts, the mother of a 17-month-old son who only bought a car three months ago, said the new policy will discourage new parents from taking the bus.

"As a mother of a newborn, it was so nerve-racking to take my baby out to begin with," said Potts. "If I had known that I was unwelcome on the bus, I absolutely would not have been able to use the bus in that way."

In her experience, Potts said people on the bus usually work it out amongst themselves. She said there have been many occasions when a senior in priority seating played with her baby while Potts stood nearby.

She wonders if bus drivers will wait until the strollers are stowed before driving. This could present safety issues for a lone parent holding a baby while attempting to stow the stroller with one arm.

Robyn Griffiths, a mother of a 19-month-old boy, said the issue comes down to mobility rights.

"My son needs to get on a bus. He cannot do that without aid, which requires a stroller," she said. "What happens when the child is flung from a mother's arms if there is an accident?"

Changes expected as council debates Lansdowne

DEVELOPMENT City council will start debating the fate of Lansdowne Park after listening last week to around 100 public delegations.

Alta Vista Coun. Peter Hume said there were some substantive motions coming forward that would "change the channel" on the direction of the process.

Part of the new direction change, said Hume, includes a competitive design process for the eastern half of the site including the Aberdeen Pavilion and the Horticulture Building.

Before approving the retail space, Hume said the vision for that space must be clearly defined.

It could be the heart of the artisan community or the region's 100-mile diet effort, he said.

Hume said he believes council would tentatively approve the Lansdowne Partnership, but with a number of conditions that would require final approval next June.

Bay Ward Coun. Alex Cullen said there are still issues that need to be resolved, such as a third-party review of the contrasting retail impact reports and a heritage study.

"It just boggles my mind that we would even consider pursuing this until we had the results of our studies," he said.

TIM WIECLAWSKI/METRO OTTAWA

ShareYourViews
ottawaletters@metronews.ca

SCHOOL BUS DRIVERS NEEDED
First Student Canada
www.firststudentcanada.com
CALL TODAY!
613-234-2287

Free Daily News Group Inc., operating as Metro Ottawa 130 Slater Street, Suite 300, Ottawa, Ontario K1P 6E2. Publisher: Bill McDonald

mazda

ELITE GATINEAU

Redefining Customer Service

Elite

0% PURCHASE FINANCING ON ALL 2010 MODELS!

2010 Mazda3 SEDAN

MSRP $15,995* Buy from $14,495* or 0% for 48 financing months

2010 Mazda3 Sport

MSRP $16,995* Buy from $15,495* or 0% for 48 financing months

2010 Mazda6

MSRP $23,195* Buy from $20,995* or 0% for 36 financing months

2010 TRIBUTE

MSRP $23,450* Buy from $21,950* or 0% for 36 financing months

2010 MX-5 Miata

MSRP $28,995* Buy from $26,995* or 0% for 36 financing months

2010 CX-7

MSRP $27,995* Buy from $25,995* or 0% for 36 financing months

ELITE MAZDA • 1205, BOUL. LA VÉRENDRYE WEST • GATINEAU • ELITEMAZDA.CA • 819.568.6000

JUST 10 MINUTES FROM PARLIAMENT HILL

READY ☑ TO ROLL OUR PRE-DELIVERY COMMITMENT MEANS EVERY NEW MAZDA IS CHECKED OUT, GASSED UP AND FITTED WITH FLOOR MATS. • ASK ABOUT OUR OUTSTANDING COMPREHENSIVE AND POWERTRAIN WARRANTY COVERAGE.

MAZDA Personal LEASE

*Special MSRP for new 2010 Mazda3 GX (D4XS50AA00) and Mazda3 Sport GX (D5XS50AA00), Mazda6, Mazda Tribute, MX-5 Miata, and CX-7 ($15,995/$16,995/$23,195/$23,450/$28,995/$27,995 less $1,500/$1,500/$2,000/$1,500/$2,000/$2,000 November Bonus. $1,395/$1,395/$1,595/$1,595/$1,395/$1,595 freight and P.D.E., $65 PPSA, $5 OMVIC transaction fee, licence, insurance and taxes are extra. **†0% APR Purchase financing is not available on 2010 Mazda B-Series Trucks.** Financing example at 0% based on a representative agreement using financed amount of $15,000, the cost of borrowing for a 36-month term is $0, monthly payment is $416.67, total finance obligation is $15,000. Offers have no cash value and cannot be transferred, assigned or combined. Contact Elite Mazda for details and other specials. See Elite Mazda for details. Offers end December 1, 2009.

MAZDA GRADUATE PROGRAM

MITSUBISHI MOTORS

Drive@earth

Rallye

RALLYEMITSUBISHI.CA

819.568.9999

Canada's Largest Mitsubishi Dealership

10 YEAR 160,000 km POWERTRAIN LTD WARRANTY

BEST BACKED CARS IN THE WORLD**

BREAKAWAY SALES EVENT

At No. 1 Volume Mitsubishi Dealership in Ottawa/Gatineau.‡

2010 LANCER

FEEL YOUR PULSE RACE.

Buy from $16,998* or $109† Bi-weekly with $0 down at 3,8% for 84 months◊

2010 OUTLANDER

NEW LOOK, NEW TECHNOLOGY.

Buy from $25,498* or $159† Bi-weekly with $0 down at 3,8% for 84 months◊

CLEARANCE

2009 Galant

STARTING MSRP ~~$23,998~~ BUY FROM $18,998‡

or 0% purchase financing for up to 60 months◊

2009 Eclipse

STARTING MSRP ~~$25,998~~ BUY FROM $21,998‡

or 0% purchase financing for up to 60 months◊

RALLYE MITSUBISHI • 1185 BOUL. LA VÉRENDRYE WEST • GATINEAU • RALLYEMITSUBISHI.CA • 819.568.9999

JUST 10 MINUTES FROM PARLIAMENT HILL

EDUCATION EDGE $500 REBATE

Smart customers always read the fine print. For all purchase financing offers, customers must sign contract and take delivery from dealer by December 1, 2009. *Exclude freight and P.D.E., licence, insurance, Registration and taxes. Other charges may be required. Offer cannot be combined with other specials. †Freight and P.D.E., taxes, options, licence, Registration and insurance extra. Mode of payment bi-weekly, 84 months term at 3.8% APR. If amount financed is $21342, Cost of financing $2165.10. ◊Purchase financing at 0% APR available for up 60 months on new 09 Lancer models, (Evolution, Sportback and Ralliart models excluded). 0% APR for up to 48 months available on Lancer Ralliart and Sportback models. 0% APR is not available on 2009 Lancer Evolution models. Financing is provided by Bank of Nova Scotia and Bank of Montreal example: $20,000 financed at 0% APR for 48 months, monthly payment is $417; cost of borrowing is $0; and total obligation is $20,000. ‡Offers available to qualified retail customers in Canada. Photos for illustration purposes only. ‡Year to date retail delivery of Mitsubishi vehicles in Ottawa/Gatineau in 2009. ** Best backed claim does not cover Lancer Evolution and Ralliart models. Visit Rallyemitsubishi.ca or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. © MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license.

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

Local

Police marking Louis Riel Day

The Ottawa Métis Council and Ottawa police will celebrate Louis Riel Day at the police headquarters on Elgin Street today. Regarded by some as a father of Confederation, Riel, left, was the driving force behind Manitoba becoming Canada's fifth province. He was later found guilty of high treason and hanged in Regina on Nov. 16, 1885. A banner to be unfurled at the celebration today commemorates Louis Riel Day and the 124th anniversary of his execution. METRO OTTAWA

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

PROSTITUTION Ottawa police arrested 34 people and laid 63 criminal charges during a three-day prostitution sweep in Centretown, Vanier and the Carlington area over the weekend. Police arrested and charged 17 women with prostitution-related offences, mischief and breach of release conditions. They also arrested 17 men, eight of whom were charged with prostitution and drug offences. Nine of the males were released on pre-charge diversion and qualified for John School.

TRACEY TONG/METRO OTTAWA

metronews.ca
WHAT'S ONLINE TODAY

Video This week's consumer spending report likely to set the tone for North American markets at **metronews.ca/canada**

Immigration Guidy Mamann on how a landmark court decision may give relief to sponsors on the hook for social assistance at **metronews.ca/immigration**

Lotteries

Friday, Nov. 13
Lotto Max: 8, 18, 27, 28, 38, 41 & 48 Bonus 36
Saturday, Nov. 14
Lotto 6/49: 1, 9, 19, 25, 31 & 41 Bonus 42
Sunday, Nov. 15
Ontario Pick 3: 0 8 5; **Ontario Pick 4** : 3 0 8 2
Encore: 5728835;
Daily Keno: 5, 9, 10, 13, 24, 25, 29, 37, 41, 49, 53, 54, 56, 57, 58, 59, 64, 65, 66, 70
These results are not official.

ADVERTISE TODAY! 1 888 91 metro (63876)

TRACEY TONG/METRO OTTAWA

Sharona, right, owner of Sharona's Closet in Toronto, helps Ottawa resident and vintage enthusiast Emily Shumborski try on a hat at the Ottawa Vintage Clothing Sale yesterday.

Oldies but goodies

Annual Vintage Clothing Sale lures thousands

TRACEY TONG
tracey.tong@metronews.ca

Angela Larose has been coming to Ottawa's Vintage Clothing Sale for the past six years.

Although she finds something every year, the 17-year-old wouldn't call herself a collector and has no intention of letting her finds gather dust on shelves.

Digging in her bags for a show and tell, the Ottawa resident holds up a sequined chiffon dress, which she's considering wearing to her graduation formal next spring, fur mittens with an owl face sewn onto them and a trio of silk scarves.

"This stuff is just fun," said Larose, who mixes the pieces with more contemporary items.

Thousands of people attended the 25th annual show at the Chateau Laurier yesterday, where fashionistas sifted through racks of coats and dresses, and crowded up to counters full of jewelry, hats, purses and accessories from 1900 to the 1970s.

Big sellers this year are hats and coats, especially team jackets embroidered with names, and accessories like hankies and gloves, said vintage dealer Elizabeth Dukelow.

For Dawn's Closet shop owner Dawn Quinn, vintage is just as much about being good to the earth as fashion.

"We're recycling, reusing and reselling," said Quinn.

While most of the clothing was geared towards women, men scored some finds too.

Omar Montelongo picked up a plaid wool jacket.

"I like the look and the quality is better as well," said the Ottawa resident, who was also in the market for a vintage suit for his wedding. The history of the items appeals to him as well. "I wonder who might have owned it in the past."

Jillian Brandon spotted a coat she liked, but took a walk to think on it. It was gone by the time she returned.

"If you love it, buy it, or risk it being gone forever," she said.

Renée Leduc seemed to subscribe to that motto.

Less than an hour after the show opened, Leduc's purchases included a short, strapless, embroidered velvet dress with gold appliqué — "for new year's," she said — a felted winter coat, and a wood and metal necklace.

Vintage pieces "are more interesting and better quality," said Leduc. "And you know that there aren't hundreds of other pieces out there. I know no one else will have that dress."

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

Women's rooming house struck by suspicious fire

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

BLAZE Ottawa police are inspecting the scene of a fire in a downtown rooming house for women after reports that a Molotov cocktail was thrown through the first-floor window around 11:39 p.m. Saturday.

Thirty-three firefighters in 13 vehicles responded to the blaze at 230 Nepean St. and had the fire under control by midnight.

The fire was confined to the first-floor bedroom. One person was treated at the scene for smoke inhalation but was not taken to hospital.

The damage to the building is estimated at $75,000 and contents around $25,000.

The building is a rooming house for around 20 women. Most of them are new to Canada and looking for short-term accommodations.

Yuka Uramo had moved into the building two weeks ago. She was at a friend's house when, on Saturday night, other friends called her to tell her that her building was on fire, causing her to rush back.

Though she hasn't been inside yet, she's been told that her room is "OK."

Ottawa fire inspectors were on scene yesterday to confirm the cause of the fire.

This is the second fire to affect a women's residence in a week. Firefighters continue to investigate a fire at Cornerstone women's shelter on MacLaren Street that killed a 61-year-old woman last Sunday.

TIM WIECLAWSKI/METRO OTTAWA

Ottawa fire inspectors carry a burned mattress back into a downtown rooming house yesterday. The fire is reported to have started after a Molotov cocktail was thrown Saturday.

Snow sculpture teams sought for Winterlude 2010 contest

ART The National Capital Commission is seeking applications from snow sculpture teams across Canada to represent their province or territory in Winterlude 2010's National Snow Sculpture Competition.

The annual competition, which will be held Feb. 9 to 13, sees teams of up to three members from each province and territory transform blocks of snow into works of art.

Each team will create a sculpture that reflects the theme, Winter Fun, to show the joy and excitement that winter brings to Canadians each year — including physical and sporting activities, games, and traditions.

Teams interested in competing or seeking more information are urged to call 613-239-5058 or email lyne.berard@ncc-ccn.ca by Nov. 30.

TRACEY TONG/METRO OTTAWA

Give the ultimate gift of music this season - music lessons! Call for details.

SHOP ONLINE at long-mcquade.com

Where the Music Begins This Holiday Season.

Long & McQuade MUSICAL INSTRUMENTS
www.long-mcquade.com

2631 Alta Vista Drive
613.521.5909
ottawa@long-mcquade.com

Education exhibition

The 2009 Ottawa Training, Colleges, and Universities Show, to be held at the RA Centre Thursday, will host over 20 exhibitors, including both English and French schools, labour market analysts and employment experts. METRO OTTAWA

Tackling osteoporosis misconceptions

TRACEY TONG
tracey.tong@metronews.ca

"It's not impossible that it happens to someone who is young. And men also get osteoporosis."
Kimberley Seldon

They didn't notice it right away.

When Kimberley Seldon's mother suffered her first fracture — to her wrist — she didn't think anything of it.

"She didn't know how she'd done it," the celebrity interior designer with Cityline told Metro Ottawa recently. "The doctor wasn't necessarily in tune with osteoporosis."

A while later, Seldon's mother, Ethel, suffered a fracture to her spine, and another, until her spine was "a series of painful breaks.

"You can't go out anywhere," said Seldon. "You can't even make a car trip to the store."

Her mother passed away, after "the disease took away her ability to live and our ability to spend quality time with her," she said.

Now a spokeswoman for Osteoporosis Awareness Month, Seldon is coming to Ottawa this month to reach out to younger people.

"I want them to take control of their health," she said. "I don't think in your 30s is too young to speak to your doctor, and in your 40s you must speak to a physician. I have a friend who has osteoporosis. She's 28 years old. It's not impossible that it happens to someone who is young. And men also get osteoporosis."

It affects more than two million Canadians a year, Seldon said. "A lot of people think that it's normal to break bones as you age, but it's not," she said. "It's better to talk about it early, and never experience the loss of independence that comes with bone fractures."

News in brief

ROBBERY Police are seeking three suspects after a pizza delivery person was robbed late last week. Police said on Thursday night, a man was accosted by three unknown males in the 2800 block of Sandalwood Drive.

SCHOOLS Police are investigating break and enters that occurred at three Kanata area schools. The incidents occurred at A.Y. Jackson Secondary School, Castlefrank Elementary School and Stephen Leacock Public School. METRO OTTAWA

AN EXTRA DAY FOR YOU TO SAVE!
TUESDAY, NOVEMBER 17TH
SENIORS 60+
SHOP & SAVE 15%
on sale, clearance and regular-priced merchandise

+SAVE AN EXTRA 15%
ON KIDS' & INFANTS' FASHIONS
When you use your Hbc† MasterCard® or your Hbc Credit Card
*Some exclusions apply. See below for details.

30%OFF
ALL WOMEN'S FASHIONS BY
ALLISON DALEY, NYGÅRD COLLECTION, INVESTMENTS, IZOD & HAGGAR
Off our regular prices. Available in regular & petites.
Excludes Allison Daley Annuals & items with 99¢ price endings.

30%OFF
WOMEN'S SHOES BY LIFESTRIDE, NATURALIZER & EUROSTEP
Off our regular prices. Excludes items with 99¢ price endings.

$149.99
CUISINART 10-PCE. STAINLESS STEEL COOKWARE SET Reg. $499.99
PLUS, 50% OFF ALL OTHER COOKWARE SETS
ALSO, 25% OFF OPEN STOCK COOKWARE
Excludes All-Clad & Circulon.

BIOTHERM
On NOW until November 22nd!
Your FREE GIFT with any BIOTHERM purchase of $30 or more**
Your GIFT includes: New! Lait de Douche Shower Milk, 75 mL, Lait Corporel Anti-Drying Body Milk, 125 mL & Metallic blue training bag
PLUS A FREE yoga mat when you purchase $75** or more of BIOTHERM products.

the Bay

*15% discount excludes: Women's wear: La Collection, ABS, Groupe JS Collection dresses & suits, Tahari suits, Andy Thê-Anh, Anne Klein New York, BaBush, By Malene Birger, Ça Va de Soi, Chaiken Profile, Dana Buchman, Ellen Tracy, Hoss, Laila, Lauren by Ralph Lauren, Mint, Norma Kamali, Tavén & Mitto, Three Quarter, Tara Jarmon, Walter, BAIA Black Label, DKNY© sportswear. Men's wear: West End Shop/Boutique Le Président. Cosmetics & fragrances. Spanx hosiery, Dooney & Bourke handbags, Calvin Klein handbags, Treesje handbags, Kenneth Cole NY handbags. Swarovski crystal, Gucci watches, furniture, major appliances, home entertainment, mattresses, Hbc Gift Cards, pharmacy, licensed merchandise & licensed departments. CA Day discount cannot be combined with New Account Discount. Other exclusions may apply. † Registered trademark of Hudson's Bay Company. ® Registered trademark of MasterCard International Incorporated. Used pursuant to license.

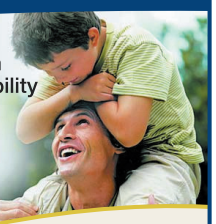
**Before taxes. One gift per customer, while quantities last. Cannot be combined with any other promotion. Values are based on our per mL and/or g price for regular-sized products.

Selection will vary by store. Savings are off our regular prices, unless otherwise specified. Everyday Bay Value, just-reduced, Power Buys, Manager's Specials, licensed departments, Salvati, Vera Wang and Hbc Foundation charity merchandise are excluded. When you see "POWER BUY" or "Manager's Special" you will know we have found an exceptional deal to pass on to you. We may tell you the COMPARABLE VALUE on the price ticket and/or a sign, so you will see the price another retailer in Canada charges or would likely charge for the same or a comparable value item. Quantities of our Power Buys and Manager's Specials and items located in any "Style Outlet" in-store departments are limited and may vary from store to store – no rain checks or substitutions. When we say "PRICE CUT", we mean the existing everyday price is being lowered temporarily. See in-store for details.

RESPONSE SECURITY
IS CURRENTLY HIRING SITE GUARDS AND MOBILE PATROL OFFICERS
CONTACT RESPONSE TO RESERVE AN INTERVIEW
613.820.3554
RESPONSE INSTITUTE FOR SECURITY TRAINING

Give Yourself the Gift of Health
First Month FREE†
Limited time offer! Results guaranteed.
Call for your free, no-obligation consultation
1-800-254-4895
†See in-store for details. Offer available until December 5, 2009. Herbal Magic © 2009. All rights reserved.
Herbal Magic WEIGHT LOSS & NUTRITION CENTRES

BDO
BDO Dunwoody Limited



Let BDO help you get on the road to financial stability
- **Avoid** bankruptcy
- **Consolidate** debt into one manageable monthly payment
- **Stop** interest
- **Stop** harassing calls from creditors
- **Protect** your home and car

Financial problems can happen to anyone. We will advise you about all of your options and find the right solution to alleviate your financial stress.

Serving Canadians since 1958

More people choose BDO than any other firm in Canada*
Free Consultation - Convenient, confidential appointments
The Elgar Building
200 Elgin St, Suite 903
613-235-5225
1-800-754-1579
*OSB Statistics
Trustee in Bankruptcy - Credit Counsellors - Proposal Administrators
www.bdodebthelp.ca

Women off to Europe to discuss tarsands issues

Three aboriginal women from Canada are visiting the U.K. and Ireland to raise awareness around human rights issues in the Alberta tarsands, CBC News Online reported. **METRO NEWS SERVICES** 5

Canada

$35M trip to space paying off: Laliberte

Press coverage worth $592M, study says

Canada's first space clown can brag that his recent trip into the cosmos generated at least 23 times more international news coverage this year than this country's mission in Afghanistan.

Guy Laliberte

At least that's according to a calculation done by a media research group hired by Guy Laliberte, the Cirque du soleil founder who recently became the country's first space tourist.

The Quebec billionaire hired Montreal-based Influence Communication to look at radio, TV, newspaper and Internet coverage from 71 countries of his cosmic voyage.

The firm has released analysis that it would have cost $592,425,679 to buy that much advertising space for Laliberte and his environmental foundation. The Cirque founder originally shelled out $35 million US for his extra-terrestrial flight. Laliberte blasted off on Sept. 30, and spent 11 days travelling or aboard the International Space station.

Jean Lambert, a senior analyst at Influence, says his firm began its tracking on June 4th, the day Laliberte held a news conference to officially announce his trip.

Through mid-October, it counted approximately 41,000 reports about Laliberte and his One Drop environmental foundation.

By way of comparison, Canada's mission in Afghanistan showed up in 1,812 news items over the entire year, from January to mid-October.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Canada news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Small mission has big success

AFGHANISTAN The war Brig. Gen. Jonathan Vance found himself fighting was a small one.

Under his command, Canadian troops in Afghanistan reduced their area of operation by more than half. With his overstretched forces relieved this summer by a surge in American forces, Vance focused on six villages with a combined population of no more than 5,000 people.

But in those villages, Vance claims to have given momentum to a mission that was fast losing ground to insurgents in the field and critics at home.

"I would say we are at a turning point in the mission," Vance told The Canadian Press in the final days of his 10-month tour.

"We are far more aligned and able to resource the challenges I think in terms of direct support to the Afghan population, it's just gotten better and better as our force-ration has improved."

With Canadian troops now concentrated in Kandahar city and the districts of Dand and Panjwaii, Vance ended the practice of chasing insurgents from village to village before returning to heavily fortified outposts.

Known by some soldiers as "mowing the grass," It proved ineffective at addressing the root causes of the insurgency.

Vance's idea was to leave soldiers in a series of small villages, allowing them to provide security and short-term development projects. Locals were paid for basic tasks, depriving the Taliban of foot soldiers. The hope was to attract nearby villages as well, expanding an "inkblot" of stability friendly to Canadians.

THE CANADIAN PRESS

JONATHAN HAYWARD/THE CANADIAN PRESS

Canadian Brig. Gen. Jonathan Vance talks to media in Kandahar, Afghanistan last week. Under his command, Canadian troops in Afghanistan reduced their area of operation by more than half.

News in brief

SWINE FLU Some health authorities across the country have tossed out hundreds of doses of the swine flu vaccine because of miscalculations over how many of the time-sensitive dosages are needed at community clinics.

THE CANADIAN PRESS

'TIS THE SEASON TO SAVE!
JOIN OVER 100,000 SATISFIED CUSTOMERS TODAY!
HOME PHONE LINES
ALL FEATURES FREE!
Voicemail
Call Waiting
Caller ID
Call Forwarding
AND MUCH MORE!
From: Comwave
ENHANCED $14.95/MONTH UNLIMITED LOCAL CALLING ALL FEATURES FREE
UNLIMITED CANADA $19.95/MONTH UNLIMITED CALLING TO CANADA ALL FEATURES FREE
ONE-RATE $29.95/MONTH UNLIMITED CALLING TO CANADA & U.S.A. ALL FEATURES FREE
GLOBAL $39.95/MONTH UNLIMITED CALLING TO 25 COUNTRIES! ALL FEATURES FREE
FREE Cordless Phone System with your Comwave Home Phone
DECT 6.0 DIGITAL
3 Handset Cordless Phone System
Interference free
VoiceMail Indicator
Speaker Phone
Caller ID/Call Waiting
comwave 613-216-6096
While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE LINES: VoIP 911 has certain limitations versus traditional 911 The Global Home Phone plan is limited to 3000 minutes per month. Excess minutes used will be billed at 3.99 cents per minute. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. The rates are based on a 3 year term. Satisfaction Guaranteed within 90 days. If you are not 100% satisfied, you may cancel your home phone service no questions asked. Rate guarantee is based on competitors lowest advertised rate for like services. By accepting the free cordless phone set, you are agreeing to a 3 year term and agree to waive the Satisfaction Guarantee period. Coupon must be redeemed in 120 days from date of activation. Terms and conditions apply, see www.comwave.net for details

Avoid deer while driving, Winnipeggers warned

Winnipeggers are being told to avoid deer by Manitoba's Conservation Department, as many of the animals are being spotted roaming inside the city during mating season, CBC News Online reports. An average of 1,600 collisions with wildlife are reported each November. METRO NEWS SERVICES

APEC not backing climate deal

SUMMIT Global climate change negotiators are bogged down in minutiae and need to step back and look at the big picture, Prime Minister Stephen Harper said yesterday.

His comments came as leaders of the 21-nation Asia-Pacific Economic Co-operation summit — who represent almost two thirds of global greenhouse gas emissions — officially put a bullet in any hopes for an international breakthrough at next month's UN climate conference in Denmark.

Harper was just one of several leaders who emerged from a breakfast meeting yesterday dedicated to the climate issue to say no deal will be reached in Copenhagen.

The prime minister said there was "a pretty strong consensus at the meeting this morning that countries of the world remain a long way from a binding, legal treaty on climate change."

Harper noted that there are some 3,000 "bracketed pieces of text" in the Copenhagen working document — diplomatic-speak for areas that need further negotiation.

"I don't think that can be attributed to any one country," he said. "There obviously are significant areas of disagreement."

Climate was not expected to dominate this summit on the 20th anniversary of APEC's founding, but as the last major summit before the United Nations convenes in December the issue infused discussions on global economy and trade.

The chair of the UN climate conference, Danish Prime Minister Lars Loekke Rasmussen, flew to Singapore to salvage what he could, pitching APEC leaders on the notion of a "politically binding" deal that could be fleshed out later with legal language at another conference next year in Mexico.

Even that watered down objective could only muster a "fair consensus" among APEC leaders, according to Harper. THE CANADIAN PRESS

ADRIAN WYLD/THE CANADIAN PRESS

Prime Minister Stephen Harper speaks with Brunei's Sultan Hassanal Bolkiah as the leaders wait for the closing statement at the Asia-Pacific Economic Co-Operation Summit in Singapore yesterday.

PTSD over-diagnosed in Canada, study says

Psychiatrist says situation costing millions

A new study suggests post-traumatic stress disorder is being over-diagnosed in Canada and the western world — a potentially costly situation that could lead to skyrocketing disability claims.

It's a viewpoint that flies in the face of popular opinion as more and more soldiers returning from Iraq and Afghanistan struggle to re-integrate.

Western nations, including Canada, have proactively rejected old stereotypes in an effort to improve services for those grappling with the psychological trauma of war.

But Memorial University psychiatrist Dr. Amin Muhammad warns Canada could face a "huge economic burden" if mental health professionals aren't more cautious about diagnosing the condition.

The study's principal author argues PTSD is complex, not fully understood by clinicians and therefore difficult to disprove once the label is given.

"Many cases of PTSD are not the pure cases but just acute reactions to stress, depression or anxiety disorders," he said.

The Newfoundland-based psychiatrist began looking into the matter after more and more patients — many of them Canadian Forces veterans — started asking him to sign disability claim forms.

His study is based on his own experience, those of his colleagues and the vast amount of literature that currently exists about PTSD. THE CANADIAN PRESS

Parizeau pushes for sovereignty

QUEBEC Jacques Parizeau wants to breathe new life into the sovereignty debate.

The still influential former premier argues in a new book coming out today that Quebec independence is necessary in an increasingly globalized world.

He says that as economies, communications and cultures become more tightly integrated, the role of the nation state becomes more relevant.

Parizeau says he put pen to paper in order to help rejuvenate the sovereigntist movement. THE CANADIAN PRESS

News in brief

PARKS Parks Canada wants to lure more people into national parks by making camping and visits friendlier to families, city slickers and new Canadians. New statistics show an overall drop of nine per cent in attendance at national parks since the 2007-08 season. THE CANADIAN PRESS

BETTER HIGHWAY FUEL EFFICIENCY THAN ACCORD OR CAMRY.△

CONSUMERS BEST BUY DIGEST

FIVE-STAR SAFETY RATING◊

LTZ model shown††

HWY: 6.5 L/100 km – 43 mpg
CITY: 9.5 L/100 km – 30 mpg

THE 2010 CHEVROLET MALIBU LS

- 5.9L/100 KM AND OVER 1,040 KMS BETWEEN FILL-UPS ON THE HIGHWAY△
- OUTSTANDING SAFETY: 5-STAR SAFETY RATING◊, ONSTAR® WITH AUTOMATIC CRASH RESPONSE, STOLEN VEHICLE ASSISTANCE & REMOTE DOOR UNLOCK¥
- GREAT FEATURES: 170 HP 2.4L ECOTEC® VVT ENGINE WITH DIRECT INJECTION, 17-IN WHEELS, AVAILABLE 6-SPEED AUTOMATIC TRANSMISSION, 6-SPEAKER PREMIUM SOUND SYSTEM

CASH PURCHASE PRICE
$20,995*
INCLUDES
$3,000
CASH CREDIT* AND HOLIDAY BONUS**

60-DAY SATISFACTION GUARANTEE▼

ONTARIOCHEVROLETDEALERS.COM

NEW TOY NEW JOY EVENT

CHEVROLET

GM Canada
THE BEST COVERAGE IN CANADA
5 YEARS / 160,000KM* • POWERTRAIN COMPONENT LIMITED WARRANTY • ROADSIDE ASSISTANCE • COURTESY TRANSPORTATION

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. ♦$2,000 manufacturer to dealer delivery credit available on 2010 Malibu (tax exclusive) for cash customers only and is reflected in offers in this advertisement. Credit will impact the effective APR for finance customers. See your GM dealer for details. ♦♦$1,000 holiday bonus cash is a manufacturer to dealer delivery credit (tax exclusive) and is reflected in offers in this advertisement. Offer available on all 2009/2010 Chevrolet Pontiac Buick GMC and Hummer models excluding all Saturn and Saab models, Camaro, Express/Savana, Corvette ZR1 and Medium Duty Trucks. *Offer applies to the cash purchase of 2010 Chevrolet Malibu LS R7C. Freight ($1,350), license, insurance, registration, PPSA, administration fees and taxes are not included. Cash purchase price reflects discounts or other incentives that are only available when consumers opt for cash purchase offers. By selecting lease or finance offers consumers are foregoing such credit which will result in a higher effective interest rate. ♦/♦♦/*Offers apply as indicated to the purchase of 2010 new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealer order or trade may be required. Dealers are free to set individual prices. Limited time offer which may not be combined with other offers. See your dealer for conditions and details. △2010 ratings based on GM testing in accordance with approved Transport Canada test methods. Your actual fuel consumption may vary. Excludes other GM models. ◊US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program. For more information on safety ratings, go to www.safercar.gov. 2010 Chevrolet Malibu received both a 5-star Rating for the driver and front passenger in the Frontal Crash Test and for front and rear seat occupants in the Side-Impact Crash Test. Side-impact Crash Test rating is for a model tested with standard head-curtain side-impact air bags.†††Chevrolet Malibu LTZ, MSRP $32,255. ¥OnStar® services require vehicle electrical system (including battery); wireless service and GPS satellite signals to be available and operating for features to function properly. Subscription Service Agreement required. Call 1-888-4ONSTAR (1-888-466-7827) or visit onstar.ca for OnStar's Terms and Conditions, Privacy Statement and details and system limitations. ©The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. ▼Return between 30-60 days with less than 4,000km. Program applies to 2009 and 2010 models only; excludes demos, fleet, lease vehicles and medium duty trucks. Maximum damage allowed of $200. Vehicle usage fee and other restrictions apply. Not available with some other offers. Customer must take retail delivery by 01/11/10. See dealer or gm.ca for additional details.

Woman charged with theft by deception after allegedly faking cancer
Authorities say a Texas woman lied about having breast cancer and spent $10,000 raised at a benefit to have her breasts enlarged. McLennan County sheriff's investigator James Pack says in court records that 24-year-old Trista Joy Lathern shaved her head to look like a cancer patient undergoing chemotherapy. THE ASSOCIATED PRESS

World

Iran's first lady gives speech on hunger

Iran's first lady has made a rare public appearance and even more rare, a speech, at a Rome forum on the eve of a UN summit to fight hunger. The wife of President Mahmoud Ahmadinejad almost never appears in public with her husband and is believed never to have addressed a public gathering. Azam al-Sadat Farahi, left, came to a forum of wives of heads of state yesterday. The summit on strategy to fight world hunger begins today at the Rome headquarters of the UN Food and Agriculture Organization. THE ASSOCIATED PRESS

Call-girl blogger ID's herself

U.K. A British scientist says she is Belle de Jour, the anonymous blogger whose accounts of life as a call girl were turned into books and a TV series. Brooke Magnanti was quoted by the Sunday Times as saying she decided to reveal her secret because she was afraid an ex-boyfriend would expose her. Magnanti, 34, is a child health researcher at the University of Bristol. She told the newspaper she turned to the sex trade in 2003 while finishing her Ph.D. She blogged about the experience in the guise of Belle de Jour, which formed the basis of three books and the British TV series, Secret Diary of a Call Girl. THE ASSOCIATED PRESS

Magnanti

m.metronews.ca

Scan this barcode for more World news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Apologies for child migrants

Australian Prime Minister Kevin Rudd apologized yesterday to thousands of impoverished British children shipped to Australia in past centuries with the promise of a better life, only to suffer abuse and neglect thousands of miles from home.

At a ceremony in the capital of Canberra attended by tearful former child migrants, Rudd apologized for his country's role in the migration and extended condolences to the 7,000 survivors of the program who still live in Australia.

"We are sorry," Rudd said. "Sorry that as children you were taken from your families and placed in institutions where so often you were abused. Sorry for the physical suffering, the emotional starvation and the cold absence of love, of tenderness, of care. Sorry for the tragedy — the absolute tragedy — of childhoods lost."

The apology comes one day after the British government said Prime Minister Gordon Brown would apologize for child migrant programs that sent as many as 150,000 poor British children as young as three to Australia, Canada and other former colonies over three and a half centuries.

The programs, which ended 40 years ago, were intended to provide the children with a new start — and the British Empire with a supply of workers. But many children ended up in institutions where they were physically and sexually abused, or were sent to work as farm labourers.

Authorities believed they were acting in the children's best interests, but the migration also was intended to stop them from being a burden on the British state while supplying the receiving countries with potential workers.

A 1998 British parliamentary inquiry noted that "a further motive was racist: the importation of 'good white stock' was seen as a desirable policy objective in the developing British Colonies."

THE ASSOCIATED PRESS

MIKHAIL KLIMENTYEV/THE ASSOCIATED PRESS

U.S. President Barack Obama looks on while his Russian counterpart Dmitry Medvedev shakes hands with U.S. Secretary of State Hillary Rodham Clinton on the sidelines of the APEC summit in Singapore yesterday.

U.S., Russia agree to arms reduction

SINGAPORE U.S. President Barack Obama said yesterday the United States and Russia would have a replacement treaty on reducing nuclear arms ready for approval by year's end, an announcement designed as an upbeat ending to a summit with Asia-Pacific leaders.

While publicizing progress with Russia on arms control — part of Obama's agenda to advance nuclear disarmament — the president and other leaders bowed to the obvious on climate change.

They discussed a compromise agreement for a 192-nation gathering next month in Copenhagen, indirectly admitting that the meeting would not produce a new global treaty to reduce the heat-trapping carbon emissions that are warming the planet.

1,500-1,675
Number of nuclear warheads the U.S. and Russia agreed to each reduce to during a summit last July.

Obama and Russian President Dmitry Medvedev met on the sidelines of the Asia-Pacific summit of APEC nations to announce good progress in negotiations on an updated pact to replace the START nuclear arms agreement that expires on Dec. 5.

Sitting, gesturing and leaning toward his Russian counterpart, Obama said the pair discussed a successor to the 1991 Strategic Arms Reduction Treaty and described "excellent progress over the last several months."

"I'm confident that if we work hard and with a sense of urgency, we'll be able to get that done," Obama said, adding technical issues remain.

Medvedev said he hoped negotiators would "finalize the text of the document by December."

Obama and Medvedev agreed in April to reach a new nuclear arms reduction pact to replace and expand upon the one that was signed by former president George H.W. Bush and Soviet leader Michael Gorbachev.

Obama now continues his first visit to Asia with a trip to China starting today..

THE ASSOCIATED PRESS

News in brief

CHINA Plans to raise the water level behind China's massive Three Gorges dam to full capacity this month — which would mark the symbolic culmination of the decades-old project — have stalled amid a worsening drought and reports of increased landslide risks.

WASHINGTON U.S. Defence Secretary Robert Gates has blocked the public release of any more pictures of foreign detainees abused by captors, saying their release would endanger American soldiers. The American Civil Liberties Union had sued for the release of 21 photographs showing prisoners in Afghanistan and Iraq being abused by Americans.

THE ASSOCIATED PRESS

2009 RESEARCH UNIVERSITY OF THE YEAR+
FREE* TUITION
with your 90%+ average
It's the ultimate recognition of your outstanding academic achievement. With an entering average of 90% or higher, your tuition at Trent is free.*
- Benefit from contact with professors
- Earn a quality degree with flexible academic options
- Get involved in campus life
- Land that job: 95% of grads employed within six months
trentu.ca
TRENT UNIVERSITY
Peterborough & Oshawa, Ontario
*Conditions apply. Full details at trentu.ca/freetuition +Research InfoSource

8 world

El Salvador says almost 200 killed in floods, landslides
El Salvadoran authorities say at least 192 people were killed by floods and landslides that swept through the country last week. THE ASSOCIATED PRESS

NASA lets in tweeps

Twitterers given rare access to shuttle launch

Fingers will be flying when space shuttle Atlantis blasts off today: About 100 of NASA's geekiest fans will be on hand, pecking away at iPhones, BlackBerrys, laptops and other Twittering gadgets.

They plan to let loose with electronic messages — provided they aren't so swept away by the afternoon liftoff that they fall uncharacteristically silent for a moment or two.

The tweeps, as they're called, represent 21 U.S. states plus the District of Columbia, as well as five countries.

NASA estimates the 100 have more than 150,000 Twitter followers. It's a dream outreach program for a space agency looking to drum up support.

"I'll be uploading stuff as it happens," promised Steve Wake, 38, a computer programmer who flew in from Denver. "On launch day, who knows? I may be too excited about everything else to even think about doing that stuff. When it's over with, I'm sure I will."

For the first time ever, NASA last month invited its Twitter followers to sign up online for the chance to see a space shuttle launch up close.

The 100 slots — and 50 backup positions — filled in less than 20 minutes on Oct. 16.

The two-day gathering got underway yesterday at Kennedy Space Center with talks by NASA officials, including the first Twittering astronaut, Michael Massimino, aka Astro-Mike. The discussions were streamed live on the Internet, and the "tweetup" gathering was near the top of Twitter's trending topics yesterday morning.

Astronauts have been tweeting from Earth and orbit since spring. While NASA already has held a few of the tweetups — so-called meet ups of people who use Twitter — it's the first for Kennedy Space Center, a high-security area requiring government clearance.

THE ASSOCIATED PRESS

Tweets from space

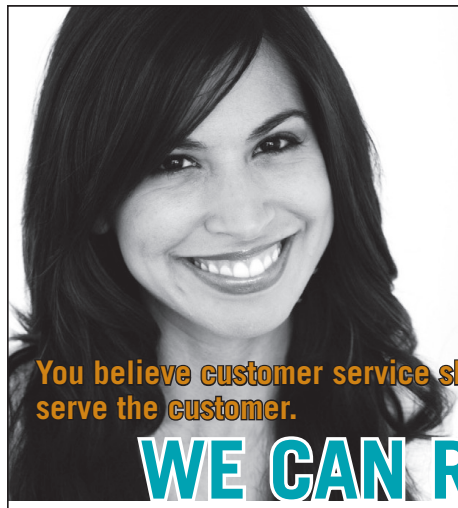
- Follow astronaut Robert Satcher Jr. as he blasts off into orbit today at twitter.com/ZeroG_MD. For reports from the ground, follow Steve Wake at twitter.com/stevewake

News in brief

ITALY Police captured one of Sicily's top Mafia fugitives yesterday, dealing a stiff blow to the island's Cosa Nostra crime syndicate, Italian officials said. Convicted mobster Domenico Raccuglia, who has been on the run for 15 years, now faces several life sentences for crimes including the murder of a rival's nine-year-old son, whose body was then thrown into a vat of acid. Raccuglia is considered the No. 2 member of the organized crime group, and is listed as one of Italy's 30 most dangerous fugitives.

THE ASSOCIATED PRESS

Travel Alberta Canada
PRESENTS
WARREN MILLER'S DYNASTY
60
brought to you by:
Rated by SKI and SKIING Magazines:
"THE BEST FILM EVER!"...
AND THE BIGGEST SWAG EVER!!
CELEBRATING 60 YEARS OF FILMMAKING
EVERYONE ATTENDING WILL RECEIVE...
- 2/1 FREE lift ticket to CAMP FORTUNE Value: $35.00
- 2/1 FREE lift ticket to MONT STE MARIE* Value: $43.00
- Coupon from TOMMY & LEFEBVRE* Value: $50.00
In conjunction with an EXCLUSIVE OFFER** TO WARREN MILLER FANS
YOU WILL ALSO RECEIVE...
- Gift card to spend at BANFF SKI HUB Value: $50.00
- 3 FREE lift tickets to Lake Louise, Sunshine or Norquay (Included in a 4-day Ski Big3 package from $78 pp/pd) Value: $225.00
TOTAL VALUE... $403.00!!
NATIONAL ARTS CENTRE SATURDAY, NOVEMBER 21, 8:00 PM
Tickets available at National Arts Centre Box Office, Ticketmaster, and Tommy & Lefebvre stores SAVE $8.75!
FOR GROUP DISCOUNTS 613-947-7000 / CHARGE-BY-PHONE 613-755-1111 BUY ONLINE AT TICKETMASTER.CA
SKITHEWORLD.COM FOR TOUR INFO & MORE
*Some restrictions apply.
**Offer with booking conditions.
Corona Extra Mike Wiegele Helicopter Skiing dose.ca VAILRESORTS


CONVERGYS
Outthinking Outdoing
You believe customer service should actually serve the customer.
WE CAN RELATE.
YOU KNOW EXCELLENT SERVICE WHEN YOU GET IT. BUT EVEN BETTER, YOU'VE LEARNED THE SECRET TO PROVIDING IT TOO. YOU KNOW IT'S ALL ABOUT OFFERING ANSWERS AND RESPECT. US TOO. IN FACT, THERE'S A WHOLE COMPANY OF PEOPLE JUST LIKE YOU WHO ARE CHANGING THE WAY PEOPLE THINK ABOUT AND EXPERIENCE SERVICE.
CUSTOMER SERVICE ASSOCIATES > CONTACT CENTER
WE'RE CONVERGYS, THE WORLD LEADER IN RELATIONSHIP MANAGEMENT, AND MASTERS OF MAXIMIZING THE POWER, STRENGTH AND PROFITABILITY OF OUR CLIENTS' CONNECTIONS. SOUND LIKE YOUR CALLING? WE CAN RELATE.
> FULL-TIME POSITIONS AVAILABLE
> COMPREHENSIVE TRAINING
> EXCELLENT BENEFITS
> CASUAL DRESS
> COMPETITIVE WAGE
> TUITION REIMBURSEMENT
> AND MUCH MORE!
CHECK OUT OUR CURRENT JOBS OR APPLY ONLINE AT: WWW.CONVERGYS.COM OR EMAIL OTTAWA.RECRUITMENT@CONVERGYS.COM OR IN PERSON AT 1670 HERON ROAD, OTTAWA, M-F: 8:30 AM - 4PM.
EOE
relationship management

Indonesia booting out Greenpeace activists

Indonesian authorities said on the weekend they would deport 11 foreign Greenpeace activists for joining a protest against forest destruction and violating their tourist visas. The activists sought to draw attention to the destruction of peatland forests. THE ASSOCIATED PRESS

Going Green

Eco-footwear

Wyclef Jean, left, is teaming with Timberland on the development of an eco-conscious footwear collection under the Earthkeepers line. The footwear is made from recycled and organic materials.

THE ASSOCIATED PRESS

EDITOR: KUMAR.SAHA@METRONEWS.CA

Ad-ded value

BANNERS Today's fast paced consumer economy often leaves little or no time to think about the environment, says Javier Serrano

"I found this curious connection between marketing and pollution, and decided to bank on it," adds the founder of Hong Kong based accessories line Eco Couture.

Serrano, who grew up and trained as a weaver and sculptor in Madrid, Spain, has found a way to reuse advertising banners — which can take 75 years to disintegrate — and turn them into unique wallets and bags.

"So many luxurious brands use advertising billboards in Hong Kong. It's an in-and-out process; they are up for a couple of days, maybe even overnight and then are dumped across landfills in China."

Eco Couture uses these ad banners to create its accessory range. The banners are generally made from vinyl, a thick, durable and waterproof material. No other material is added to the original and waste is minimal, remaining bits and pieces are turned into zipper pullers or labels.

They're certainly no "bag for life" or Chanel clutch, but certainly resistant … and much better off slung on someone's shoulder than in a landfill.

METRO NEWS SERVICES

On the web

- To see more of Javier Serrano's Eco Couture creations, visit ecocouture.hk

Slam dunk junk

ROMINA MCGUINNESS
Metro World News

Swapped your clunky old mobile for an iPhone? Your boxy PC for a notebook? Don't throw them out — drop them off on junk artist Gabriel Dishaw's doorstep.

"I take the items people no longer have use for and I carefully disassemble these items and then reassemble them using metal wire creating my junk art," says the 29-year-old artist from Carmel, Ind., who makes sculptures from discarded materials.

Gabriel Dishaw

"I begin each sculpture with an idea of how can I take these found pieces of useless metal and insignificant objects and create something that everyone can understand and relate to. I find myself looking at ordinary mechanical items to see how I could turn that something, into something else not originally intended for that use," he said.

"I've been doing junk art since the ninth grade. My mom's an artist so I get it from her. My dad on the other hand is very mechanical and more technical."

To see more of Gabriel Dishaw's junk art creations, visit gabriel dishaw.com

The combination of these two parental skills led to him taking up this project. "That's where it all started although since then, my work has become more refined," he says.

A self-confessed sneaker fan, Dishaw owns 250 pairs — Nike's are his favourite. His day job as a regional trainee for U.S. footwear company Finish Line keeps him up to date with the latest foot trends.

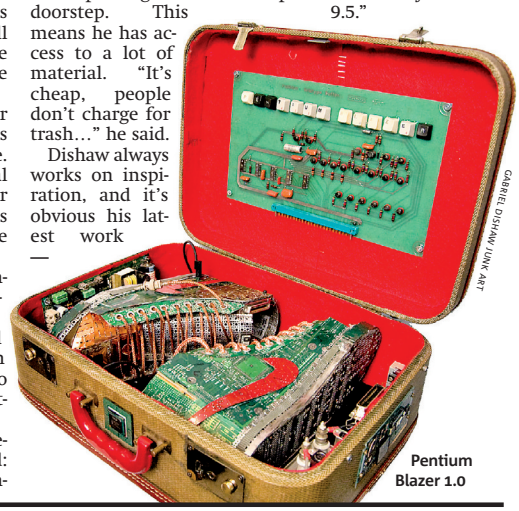
Dishaw's Junk Art includes scores of sculptures, from robots to clothing, made from all sorts of scrap — from glass, metal and wood to computers and typewriters.

And there is an eco-element in his work. He said: "I'm concerned about conservation. I grew up in a rural farm area, so I've always been conscientious about the environment. Americans throw away everything. They will throw a phone away after one year. It's such a waste."

People who are aware of his work stop by to drop things off on his doorstep. This means he has access to a lot of material. "It's cheap, people don't charge for trash…" he said.

Dishaw always works on inspiration, and it's obvious his latest work — the Pentium Blazer 1.0, a bizarre-looking sneaker that must rank as one of the world's most uncomfortable, is based on his favourite high top.

He said "I used an old typewriter which was great as when you take them apart, they are so intricate and have a lot of identical components. This way you can easily make a right side, left side and so on. "You could actually put them on — it would be painful, but they're a size 9.5."



GABRIEL DISHAW JUNK ART

Pentium Blazer 1.0

Offer subject to change without notice. †Most reliable network refers to call clarity and dropped calls (voice) and to session completion rate (data) as measured within Rogers HSPA footprint and comparing with competitors' voice and data 1xEvdo networks. Rogers HSPA network not available in all areas. See rogers.com/reliable for details. © 2009 Rogers Wireless.

OTTAWA
Managing Editor, Tracey Tong
Sales Manager, Dara Mottahed
Distribution Manager, Bernie Horton

METRO CANADA
Group Publisher, Bill McDonald
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

‘Public’ is the game

UrbanCompass

Transit is, appropriately enough, a moving target. In last week’s column, I wrote of OC Transpo’s proposal to hike fares by an average of 7.5 per cent, with particularly steep increases for seniors and students, and ask city hall for a 12.7 per cent budget increase.

But by the time you read them, the transit committee had already voted to ease the fare increase to 3.5 per cent, while jacking up the budget 16 per cent. Sorry about that.

These decisions move the city further away from its goal of covering 50 to 55 per cent of OC Transpo’s costs with fares, but laudably abandon attempts to balance the budget on the backs of those who can least afford it.

“If public transit was a business, we could dispense with the ‘public’ part entirely.”

They also elicited a curious complaint from Ottawa Citizen columnist Randall Denley: “This council has long looked on OC Transpo as a social service, not a business.”

And well they might. If public transit was a business, we could dispense with the “public” part entirely. OC Transpo would be there to make money, and getting people where they want to go (as profitably as possible) would just be the means to that end.

Making a buck just isn’t the name of the game here, and neither is pitting one part of the city against another.

Coun. Jan Harder, in her Barrhaven This Week column, writes, “I will remind you that every taxpayer in this city pays at least 50 per cent of all transit costs through your taxes even though less than 25 per cent of you Barrhavenites use the services of OC Transpo.”

We could get into a debate on whether suburbs receive more services overall than they pay for, but it’s also true taking OC Transpo downtown from Barrhaven can be a long, cold wait for a bus with space onboard.

Harder’s suggestion her constituents somehow have less of a stake in good public transit, though, is hardly likely to help matters. There’s only one public.

Steve Collins lives, writes and walks in Ottawa; ottawaletters@metronews.ca.

MICHAEL DE ADDER

Views

It’s crunch time: Aiming for an A in life

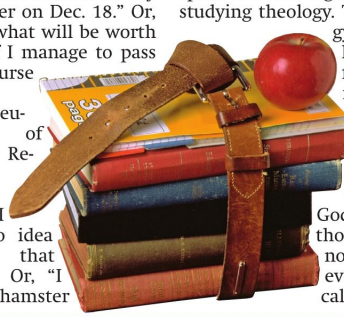
HineSight

Buddhist wisdom says, “All human beings want the same thing, we are just going about it in different ways.” This is true. So long as what every human being wants is to make it through the next three weeks without losing their minds, drinking enough caffeine to wake a rock and alienating everyone they love. Otherwise, it’s only me that wants that.

As regular readers know, I’m presently enrolled as a full-time university student. And, for students, the next three weeks are Crunch Time.

Anyone who has ever been in school will remember that Crunch Time refers to “the period during which you realize your life has gone right down the pooper because suddenly, the fact that school libraries are open 24 hours a day seems like a really good thing.”

If asked to define my life at this moment I’d say, “Life is what will begin again after I hand in my last paper on Dec. 18.” Or, “life is what will be worth living if I manage to pass my course on Hermeneutics of Pauline Response, even though I have no idea what that means.” Or, “I am a hamster on the essay wheel of life.”



Really, I ought to have a more thoughtful view of existence. After all, I’ve spent the last eight years studying theology. Theology loosely defined means, “The study of the thing we call God, though not everyone calls it that, some people call it ‘a nice walk on a sunny day’ and anyway we can't really know anything about it, but hey, why not pony up several thousands of dollars to get a degree in it anyway?” It’s not insane to get a degree in something that’s entirely incomprehensible. Think of students taking bio-physics or women’s studies.

I think what I’ve learned through years of studying Christian theology is this: The Buddhists are right. We do all want the same things. And neither of them, really, are an A in Biblical history or a pass in choir. What we want is to feel loved and valued. And maybe, during the Crunch Times of life, that has to start with ourselves.

So, I’m putting down my essays for an hour. I’m treating myself to a walk in the miraculous November sunshine.

Will it improve my school marks? Probably not. But I’m aiming for something higher. I’m going for an A in life.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

Tell us your views by email to ottawaletters@metronews.ca or comment on metronews.ca or on Twitter @metroottawa
Letters must include sender’s full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Ottawa 130 Slater Street, Suite 300, Ottawa, ON K1P 6E2; Tel: 613-236-5058 • 1-888-916-3876; Fax: 1-866-253-2024; Advertising: 613-236-5058 • adinfoottawa@metronews.ca; ottawa_distribution@metronews.ca

Home for the Holidays!
Bearskin Airlines
Let the Bear take you there!
Call 1-800-465-2327 or book online at www.bearskinairlines.com

ONE WAY TO WATERLOO FROM $114!
Every destination and every day is on sale NOW for travel ending January 31, 2010, but our lowest fares are for Tuesday, Wednesday and Saturday* departures. Hurry, the sooner you book the more you will save as seats are limited at our lowest fares and the sale ends November 22nd.
Student Standby Travel Credits are also on sale and can be pre-purchased for use over 13 months! Travel Credits can only be purchased via our toll free reservation line. Call now for full details!
IT’S ABOUT TIME!
Region of Waterloo International Airport
aeroplan Rewarding Life for 25 years
*Kitchener/Waterloo fare is one way. Other advertised fares require round trip travel and Saturday night stay and are for Tuesday, Wednesday and Saturday departures between November 19 and January 31, 2010, excluding December 20 – January 5. Sale fares are slightly higher for other travel dates. Taxes and surcharges are extra. Call for full details.

Finnair pilots ready to park their planes
Some 800 Finnair pilots will begin a strike today, grounding all scheduled international and domestic flights of the Finnish national carrier, the airline said. THE ASSOCIATED PRESS

Business

DOLLAR	N.GAS	OIL	TSX
US 94.69¢ (Friday's close)	US $4.37 (Friday's close)	US $76.94 (Friday's close)	11,360.76 (Friday's close)

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Markets watch U.S. retail sales

The latest reading on consumer spending activity in the United States will likely set the tone for trading on stock markets this week.

U.S. retail sales for October will be released today and economists expect to see a rise of 0.9 per cent following a drop of 1.5 per cent during September.

"It looks like that's going to be the big one," said Colin Cieszynski, market analyst at CMC Markets Canada.

Stock markets ended last week higher for a second consecutive week, largely on investor relief from indications that U.S. interest rates will stay low for an extended period. Markets were also lifted by last weekend's G20 meeting where leaders made it clear that government stimulus measures will not disappear any time soon.

But critical to that growth on markets has been the hope that the end of the recession will be followed by a strong recovery.

While retail sales are important in any economy, they're particularly important in the United States where consumer spending accounts for about 70 per cent of the economy.

THE CANADIAN PRESS

m.metronews.ca

Scan this barcode for more Business news on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Permit for Canadian mine revoked

GOLD Mexico revoked the environmental authorization Friday for a Canadian-owned open-pit gold mine that critics say threatens one of the most historic sites in the north-central state of San Luis Potosi.

The Environment Department said that it has pulled the permit for Minera San Xavier, a property of Vancouver-based New Gold Inc., in accordance with a court ruling in October.

The ruling struck down the government's 2006 conditioned approval of the project's environmental impact statement, and ordered environmental authorities to reject the statement. Opponents welcomed the decision. They say local watersheds were threatened by the cyanide used to leech gold out of huge mounds of crushed rock. THE ASSOCIATED PRESS

Magma reports $2.7M loss

ENERGY Magma Energy Corp., a Vancouver-based geothermal energy producer, reports it lost nearly $2.7 million US or one cent a share in the fiscal first quarter ended Sept. 30. That compared with a loss of $829,860 for the same year earlier period.

Revenues from energy sales were just over $1 million in the quarter, the first three-month period of the energy producer's 2010 fiscal year, the company reported. Magma generated no operating revenue for the same period a year earlier. THE CANADIAN PRESS

Business in brief

COMMUNICATIONS Vivendi SA is set to take control of Brazilian telecommunications operator GVT SA after trumping a rival offer from Spain's Telefonica SA.

THE ASSOCIATED PRESS

Offer subject to change without notice. *LG Eve available with new activation on any 3-yr. term voice and data plan. Other devices featured available with new activation on any 3-yr. term voice and data plan having min. combined monthly service fee of $45.
© 2009 Rogers Wireless.

Longer toes may increase speed

After studying the feet of 12 sprinters and 12 non-sprinters, a researcher at British Columbia's Simon Fraser University says longer toes, as well as unique ankle structure, may give sprinters a leg up on other runners. THE CANADIAN PRESS

Sports

Ames takes final '09 event

Stephen Ames, left, ended the PGA Tour season in style, taking the Children's Miracle Network Classic in a three-man playoff. The Calgary golfer outlasted Justin Leonard and George McNeill, winning with a par on the second playoff hole. It was the fourth career PGA Tour victory for Ames, who also won this event back in 2007. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

NATHAN DENETTE/THE CANADIAN PRESS

Hamilton running back John Williams gets flipped upside down yesterday by a hit from B.C. safety Tad Crawford, back, during the Lions' 34-27 overtime win over the Tiger-Cats.

Lions edge Tiger-Cats in OT

CFL RESULTS

B.C. 34 **Hamilton** 27 (OT)

B.C. AT Tiger-Cats

FOOTBALL Casey Printers hit Ian Smart on an eight-yard TD pass to earn the B.C. Lions a dramatic 34-27 overtime win over the Hamilton Tiger-Cats in the CFL's East semifinal yesterday.

Printers found Smart on the TD strike on B.C.'s second play in the extra session. Hamilton failed to score on its possession, thus securing the Lions the victory.

Hamilton forced overtime in dramatic fashion with Kevin Glenn hitting Dave Stala on a nine-yard TD strike. Then he found a wide-open Marquay McDaniel on the two-point convert to make it 27-27 at 14:38, thrilling the Ivor Wynne Stadium gathering of 27,430, just over 2,000 short of a sellout.

Calgary 24 Edmonton 21 — The Stampeders advanced to the CFL's West Division semifinal with a win over the Eskimos yesterday.

THE CANADIAN PRESS

Games heat is on

NHL's Olympic hopefuls feeling pressure already

If this weren't an Olympic year, and the subject weren't hockey and the pressures for Canadian players to earn a spot on Team Canada, Jarome Iginla would sound downright paranoid.

"Maybe they're not watching that much tonight, but they have tape," said Iginla.

But of course it is the animated subject of representing Canada in Canada at the Winter Olympics, and players can't help but feel under the microscope. And even if they don't want to think about it, sometimes they just can't help themselves.

"It's exciting to think about the possibility and that it's coming very quickly," says the captain of the Calgary Flames, whose two goals sunk the Maple Leafs on Saturday night. "Guys go to dinner, we talk about certain teams, and who we think might make it from different teams."

VANCOUVER 2010 Games

Team Canada GM Steve Yzerman and his braintrust are meeting regularly, attending games, reviewing tape while continually updating who should be — and shouldn't be — on the roster when it's announced Dec. 31. Iginla says that always lurks at the back of players' minds.

"I know everybody has a different team they would pick," said Iginla. "I would love to be there. At the same time, I know it's important to focus on our games now to help our teams now. But also they're watching.

"It's hard not to read articles when you see Steve Yzerman makes a comment on the Olympics, or (Wings/Team Canada coach) Mike Babcock. You want to read them. You're curious. When we play (Detroit), it's another added incentive. You try not to think about it, but you want to leave a good impression."

Sabres coach Lindy Ruff, Babcock's assistant on Team Canada, says the players shouldn't feel like they are constantly under the microscope, but understands if they do.

"There are big decisions to be made," said Ruff. "When you see them on the ice, it will be part of the evaluation process."

TORSTAR NEWS SERVICE

m.metronews.ca

Scan this barcode for the most recent Sports updates on your smartphone.
Learn how to scan the barcode with the instructions at the top of pg 3

Sports in brief

TENNIS Toronto's Daniel Nestor and Serbian partner Nenad Zimonjic won their ninth title of the season yesterday, defeating Spaniards Marcello Granollers and Tommy Robredo 6-3, 6-4 at the Paris Masters.

SWIMMING Vancouver swimmers Tanya Hunks and Brent Hayden are leaving Berlin with a gold medal and another Canadian-record performance. Hunks captured gold in the women's 400-metre individual medley at a World Cup yesterday, while Hayden won silver in the men's 200-metre freestyle in Canadian-record time.

SPEEDSKATING Ottawa's Christine Nesbitt captured her third victory of the World Cup long-track season yesterday, racing to gold in the women's 1,000 metres. METRO NEWS SERVICES

It'sCalledFootball

Ben Rycroft

metronews.ca/itscalledfootball

SCOREBOARD

NHL

EASTERN CONFERENCE

	GP	W	L	OL	PT
d-New Jersey	18	14	4	0	28
d-Washington	20	12	4	4	28
d-Buffalo	17	12	4	1	25
Pittsburgh	20	13	7	0	26
NY Rangers	20	11	8	1	23
Philadelphia	16	10	5	1	21
Atlanta	17	10	6	1	21
NY Islanders	20	7	6	7	21
Tampa Bay	17	7	4	6	20
Boston	19	8	7	4	20
OTTAWA	**17**	**8**	**6**	**3**	**19**
Montreal	20	9	11	0	18
Florida	17	7	9	1	15
Toronto	18	3	10	5	11
Carolina	19	3	12	4	10

YESTERDAY

Atlanta 3 Edmonton 2
Carolina 5 Minnesota 4 (SO)
San Jose at Chicago

TODAY

N.Y. Islanders at Boston
New Jersey at Philadelphia
Edmonton at Columbus
Anaheim at Pittsburgh
Los Angeles at Florida
Tampa Bay at Phoenix

d - division leaders ranked 1-2-3 regardless of points.

NFL

AFC

EAST

	W	L	T	PCT
New England	6	2	0	.750
Miami	4	5	0	.444
N.Y. Jets	4	5	0	.444
Buffalo	3	6	0	.333

SOUTH

	W	L	T	PCT
Indianapolis	8	0	0	1.000
Jacksonville	5	4	0	.556
Houston	5	4	0	.556
Tennessee	3	6	0	.333

NORTH

	W	L	T	PCT
Cincinnati	7	2	0	.778
Pittsburgh	6	3	0	.667
Baltimore	4	4	0	.500
Cleveland	1	7	0	.125

WEST

	W	L	T	PCT
Denver	6	3	0	.667
San Diego	6	3	0	.667
Kansas City	2	7	0	.222
Oakland	2	7	0	.222

NFC

EAST

	W	L	T	PCT
Dallas	6	3	0	.667
Philadelphia	5	4	0	.556
N.Y. Giants	5	4	0	.556
Washington	3	6	0	.333

SOUTH

	W	L	T	PCT
New Orleans	9	0	0	1.000
Atlanta	5	4	0	.556
Carolina	4	5	0	.444
Tampa Bay	1	8	0	.111

NORTH

	W	L	T	PCT
Minnesota	8	1	0	.889
Green Bay	5	4	0	.556
Chicago	4	5	0	.444
Detroit	1	8	0	.111

WEST

	W	L	T	PCT
Arizona	6	3	0	.667
San Francisco	4	5	0	.444
Seattle	3	6	0	.333
St. Louis	1	8	0	.111

YESTERDAY

Arizona 31 Seattle 20
Carolina 28 Atlanta 19
Cincinnati 18 Pittsburgh 12
Green Bay 17 Dallas 7
Jacksonville 24 N.Y. Jets 22
Kansas City 16 Oakland 10
Miami 25 Tampa Bay 23
Minnesota 27 Detroit 10
New Orleans 28 St. Louis 23
San Diego 31 Philadelphia 23
Tennessee 41 Buffalo 17
Washington 27 Denver 17
New England at Indianapolis

TODAY

Baltimore at Cleveland

NBA

EASTERN CONFERENCE

ATLANTIC DIVISION

	W	L	PCT	GB
Boston	8	3	.727	-
Toronto	5	4	.556	2
Philadelphia	4	6	.400	3.5
New York	1	9	.100	6.5
New Jersey	0	10	.000	7.5

SOUTHEAST DIVISION

	W	L	PCT	GB
Atlanta	8	2	.800	-
Miami	7	2	.778	.5
Orlando	7	3	.700	1
Charlotte	3	6	.333	4.5
Washington	2	7	.222	5.5

CENTRAL DIVISION

	W	L	PCT	GB
Milwaukee	5	2	.714	.5
Cleveland	7	3	.700	-
Indiana	4	3	.571	1.5
Chicago	5	4	.556	1.5
Detroit	5	5	.500	2

YESTERDAY

Toronto at Phoenix
Dallas 95 Detroit 90
L.A. Clippers at Oklahoma City
Houston at L.A. Lakers

TODAY

Charlotte at Orlando
Portland at Atlanta
Dallas at Milwaukee

Where do *you* like to eat?

Vote for Ottawa's best, online at www.metronews.ca/ottawachoice ...enter early and often for your chance to win one of several exciting prizes!

EVERYBODY WANTS TO KNOW!

Join us in celebrating what Ottawa loves to do in our special Readers Choice Awards issue on December 11th!

METRO CHOICE AWARDS 2009

ARC THE HOTEL
LA MAISON D'OR
Tuesday's
GCTC
40 years 40 ans NATIONAL ARTS CENTRE CENTRE NATIONAL DES ARTS
CENTREPOINTE SHENKMAN
Ottawa THEATRES

Alberta rethinks math
Nexy year, Alberta's education department will change the way math is delivered to high school students. Students will choose between a course geared toward college or university, a course for the workforce or trades, or a basic math program that includes skills such as chequebook balancing. METRO NEWS SERVICES

Workology

Motherly support

Nearly three-quarters of women in American households planning for college say it's very important for their children to obtain a college degree, a new survey from Keeping College Within Reach has found. Over half of women agreed that not paying for college would be "a failure of me as a parent." METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

E-learning revolution

Many Canadian schools embracing technology

JON TATTRIE
for Metro Canada

A "revolution" in learning is what the Laurier School of Business and Economics is promising from its new partnership with Research In Motion in the latest reach of a decades-old drive to put the "e" in education.

Hugh Munro heads Laurier's MBA program and says bringing BlackBerries into the classroom will take the classroom everywhere.

"It's the beginning of a journey for us," he says. "(We're) looking at how we can take advantage of the enabling capabilities of technology and change the way we structure and deliver curriculum … We can bring the outside into the classroom and also make the outside an ongoing classroom."

Halifax's Mount Saint Vincent University is another post-secondary institution that has embraced the idea of e-learning, only they've been mobilizing education for almost 30 years now. It started with TV shows on a local station and added the cutting-edge technology of video tapes mailed to students. Its distance-learning program is now on digital cable and DVDs and half of such courses are fully online.

Whether its with a smartphone or just over the computer, e-learning is here to stay in Canada.

"If our learning environment mirrors the kind of challenges and opportunities they're going to face in the real world, then it's a good thing."
Laurier's MBA program head, Hugh Monroe

Peggy Watts, head of MSVU's distance learning, says by using programs like Moodle and Elluminate Live, the university can create a virtual classroom that allows students to chat with professors, give presentations in front of the class, watch videos and use programs like Excel, even if they don't have Excel.

"Within the White Board (of Elluminate), an instructor can take control of a student's desktop and show them something on their own desktop," she adds.

Watts says the main users of e-learning at MSVU are in Nova Scotia, but chose the remote approach to give flexibility to their schedules and avoid commuting.

Back at Laurier, students and faculty will use their smartphones for voice, text and email applications as well as video, voice notes and pictures.

Munro is confident the "hybrid" model of classroom and e-learning is the way of the future. Business has gone mobile and education should follow, he says. "If our learning environment mirrors the kind of challenges and opportunities they're going to face in the real world, then it's a good thing."

Workology in **brief**

INTERNATIONAL SATISFACTION
Although almost half of international students studying at Canadian post-secondary institutions admit Canada was not their top choice among study-abroad options, nine out of 10 students would recommend the country as a study destination, according to survey results presented by the Canadian Bureau for International Education. The vast majority of students surveyed reported high satisfaction with their choice of school. One criticism was that the price of Canadian PSE.

U.S. GRAD ENROLMENT STEADY
According to a new study from the U.S.-based Council of Graduate Schools, the number of foreign first-time students at American graduate schools is flat this year, following four consecutive years of growth. Enrolments of graduate students from China continue to surge, and gains from the Middle East and Turkey are much larger than they have been in recent years. Meanwhile, figures from India and South Korea are down.
METRO NEWS SERVICES

SAP Training in Ottawa (BI, HR, BASIS, FICO & ABAP)
- Instructor-led In-Class and Remote Training
- All Instructors are SAP Certified & Industry experienced
- 100% Career oriented professional training
- 24 hours Remote Server Access
- Provide job Assistance

HRDC/EI Approved • FREE Seminar once in every month
ERP Mastering Inc. 123 Landover Cres. Kanata ON K2M 2W2
info@erpmastering.com • www.erpmastering.com • 613-254-8953

LINC
Language Instruction for Newcomers to Canada

LARC - CELO

CLIC
Cours de Langue pour les Immigrants au Canada

LANGUAGE ASSESSMENT AND REFERRAL CENTRE
CENTRE D'ÉVALUATION LINGUISTIQUE ET D'ORIENTATION

✓ ***FREE*** language training (English or French)
✓ ***FREE*** child minding when available
✓ ***FREE*** language assessment prior to enrollment
✓ For Landed Immigrants & Convention Refugees (Ontario residents only)

For an appointment, please call
613-238-5462
240 Catherine Street, Suite 308, Ottawa, ON K2P 2G8
www.ymcaywca.ca

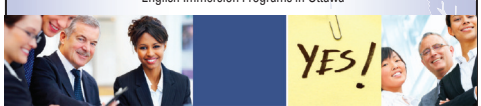
We build strong kids... strong families... strong communities.
Dévoué au mieux-être des enfants... des familles... des communautés.
YMCA-YWCA

Funded by Citizenship and Immigration Canada
Subventionné par Citoyenneté et Immigration Canada

the twilight saga new moon
11.20.09
YOU'VE SPOTTED THE CREST!
Visit metronews.ca and tell us the page you found this on
metro
ENTERTAINMENT

DO IT ONLINE. NOT IN LINE.
See online movie showtimes, trailers, reviews and purchase tickets at metronews.ca/movies

Centre Linguistique du Collège de Jonquière
fait parler le monde
gets the world talking
FRENCH/ENGLISH
Language Training Services
Preparation for Public Service Commission's Official Languages Tests
A Great Track Record for helping clients achieve their language training goals.
- Personalized private, semi-private and group courses, full-time and part-time
- ACE Teaching Certificate Course
- French Immersion Programs Jonquiere
- English Immersion Programs in Ottawa



Contact us: www.languages-jonquiere.ca
Downtown Ottawa Tel: 613.566.7004 or 1.866.566.7004 E-Mail: cl.ottawa@cjonquiere.qc.ca
Carling Ave. Tel: 613.722.6111 E-Mail: cl.carling@cjonquiere.qc.ca
Gatineau Tel: 819.777.9393 E-Mail: cl.gatineau@cjonquiere.qc.ca

COLLEGE DIPLOMAS IN HEALTH CARE!

- Fitness and Health Promotion
- Medical Office Assistant
- Pharmacy Technician - **CCAPP Accredited!**
- Personal Support Worker

CALL NOW! 613-722-7811
www.algonquinacademy.com
1644 Bank Street, behind Canadian Tire

Classes start monthly!

ALGONQUIN CAREERS ACADEMY

Sobeys

Sobeys Kanata is seeking part time positions in all departments

Must be able to work flexible shifts, ie. weekends and evenings. We offer a competitive salary and potential benefits package.

Please drop resumé at 700 Terry Fox Dr.
or fax to 613-831-4055

Its not about the coffee — its about the people

BookReview

It's Not About **The Coffee**

Author: Howard Behar
Publisher: Portfolio
Price: $18.50

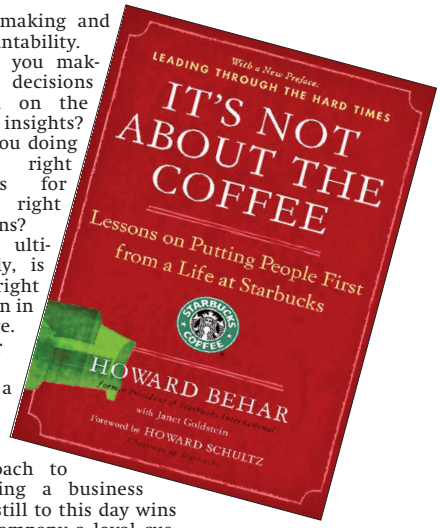
There can be no coffee without people. In the case of Starbucks Coffee, past president Howard Behar, elaborates that when it comes to business its the people who serve your coffee, all the way to the origin of the bean... the growers that make or break you. "If your people are better human beings, they'll be better partners of the company" says Behar.

Behar's book takes a look at the 10 principles that helped shaped Starbucks into the company it is today ... but none of these principles are about coffee.

The majority of his principles focus on decision making and accountability.

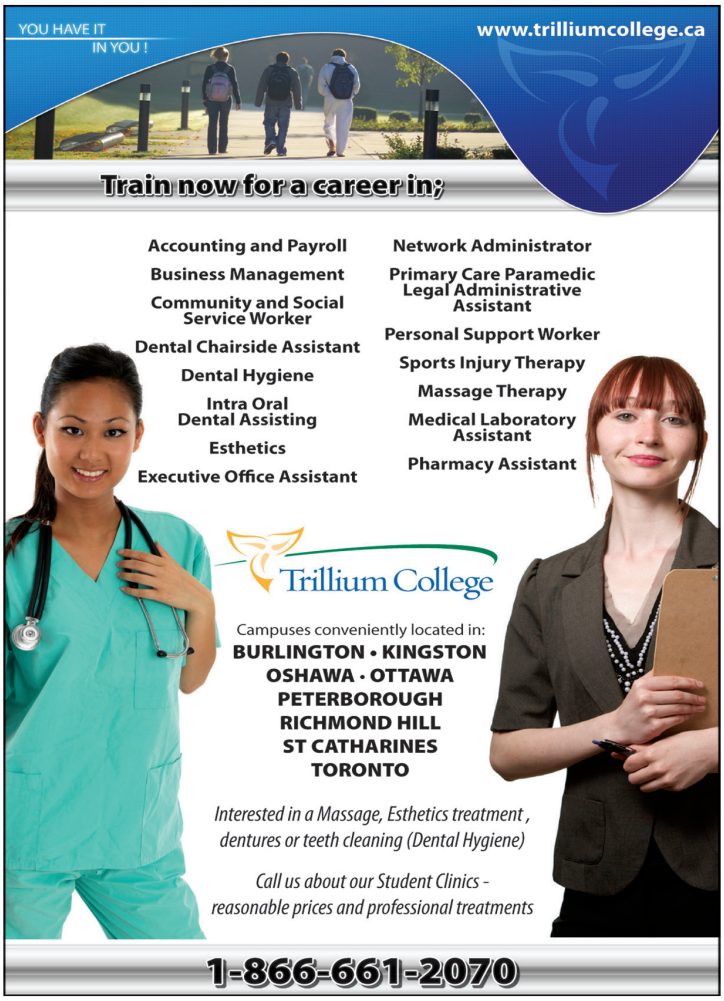
Are you making decisions based on the best insights? Are you doing the right things for the right reasons? And ultimately, is the right person in charge. Behar presents a very human approach to building a business that still to this day wins the company a loyal customer and employee base. Common sense, but every now and then a refresher on these concepts is in order. People relations 101.

CRAIG LUND
/FOR METRO CANADA



It's Not About The Coffee, by Howard Behar is available on book stores now.

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at craig.lund@marketersondemand.com



Several Vancouver-area institutions to extend reading breaks during Olympics
A number of post-secondary schools across B.C.'s Lower Mainland will not be running classes during the course of the 2010 Winter Olympics. METRO NEWS SERVICES

No bones about it, it's a whale of a job

OddJobs

Diane Peters

Metronews.ca/oddjobs

Few people will ever see a great blue whale, as the largest animal in the world is endangered.

But Michael deRoos has spent every day for the last eighteen months working on the bones of one of these massive creatures.

Last spring, he helped dig the mammal's carcass out of the ground in P.E.I. Now, he's nearing completion of a whale of a task: Reassembling the skeleton for display at the soon-to-be-opened Beaty Biodiversity Museum at the University of British Columbia.

DeRoos, 30, began his work with skeletons by chance in 2000. He was completing his degree in biology at the University of Victoria — he thought he might become a vet — when he took a six-week intensive course at the Bamfield Marine Sciences Centre.

For his project for the course, he decided to assemble a skeleton. The centre had a sea otter, so deRoos used the skills he'd learned at his father's general contractor business and put in 12-hour days working with bones.

His professor clearly liked the result. Two years later, she recommended him for a job at the new Johnstone Strait Killer Whale Interpretive Centre.

DeRoos help finish construction on the centre and began working with its large collection of bones. By his second year there, he was tackling a 60-foot fin whale.

In 2005, a professor from UBC asked deRoos to assemble a killer whale. He's been freelancing for the school ever since.

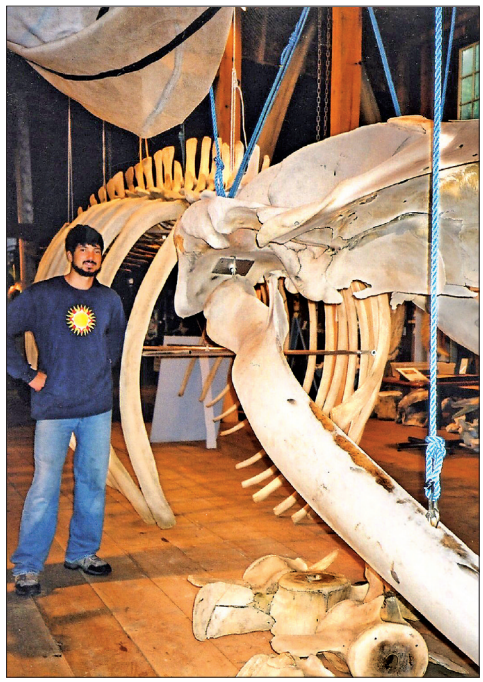
"Each one I've done gets a little better than the last one," says deRoos. He began making his skeletons more active; showing the animal jumping or feeding.

He starts each project by cleaning off the bones. He boils the carcass, then either puts the bones in the ocean in a fishing net or buries them in horse manure. Eight months later, the bones are clean and just need a treatment with bleach or some time in the sun.

In the meantime, he's designing his skeleton. He uses pictures and video images of the live creature to see how it's put together and how it moves.

To rebuild the animal, deRoos creates a steel frame. He affixes bones to the steel by drilling small holes in the bones, or gluing them. He hires a sculptor to recreate any bones that have been lost (it's inevitable) and an artist to paint over any damage he's done to the bones.

Then it's the fun part: Putting it all together, and hearing everyone's comments.



PHOTOS SUBMITTED

Skeleton articulator Michael deRoos is currently putting together a blue whale skeleton.

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

The Lowdown

Job title: Skeleton articulator
Salary: As much as $70,000
Education/training: Degree in biology or related science
Best Part of the Job: "Standing back and watching a group of school kids come in and seeing their eyes go wide and say, 'This is so cool, is this a dinosaur?'"
Worst Part of the Job: "Dealing with rotting carcasses. After we dug up the blue whale, I had to burn my clothes they smelled so bad."

Workology in brief

THE ODDEST REQUESTS YOU EVER DID HEAR... Hiring managers nationwide took some time to bring levity to the workplace in a new CareerBuilder survey. More than 2,900 shared the most memorable requests or recommendations they have received in the office suggestion box. Responses included:

- Request to allow people to change clothes in their cubicles.
- Request to add a tanning bed to the break room.
- Request to put beer in the vending machine.
- Request that jail time be covered under family medical leave.
- Request for a special smoking area for medical marijuana.
- Request to replace his desk with a futon so employee could lay down and work.
- Request to install a swimming pool for employees to use.
- Request to have the team meeting to be held in Hawaii.
- Request that the lactation room with gliding chair be used for naps, so everyone can use it.

METRO NEWS SERVICES

WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896

Over 110 years of career training excellence!

Offering Career Programs in Business, Health & Technology

Follow my path to Success

Apply Now!

williscollege.com
85 O'Connor
613-233-1128

The Who may play at Super Bowl

The Who are likely to be the headliner at next year's Super Bowl halftime show, a source tells Sports Illustrated. But as certain as the source may be, the NFL isn't confirming anything about entertainment at the Feb. 7 event. **METRO WORLD NEWS**

Entertainment

Jon's woes

Jon Gosselin has filed a $5 million U.S. countersuit against TLC, claiming its reps interfered with potential business. TLC's lawsuit is for breach of contract. TVGUIDE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Flashpoint wins 3 at gala

Gemini award winners praise Canadian talent, values

Producers of the cross-border hit Flashpoint held it up as an example of what Canadian television is capable of as the slick CTV cop drama took home three Gemini Awards on Saturday, including best drama.

Canadians can be less than supportive when it comes to watching homegrown shows on the small screen.

But executive producer Bill Mustos said there's actually a lot to be proud of, and other countries are taking notice. "I think Flashpoint has moved things into a new direction and now American networks are looking across the border and seeing that there is actually tremendous talent in (Canada)," he said just after winning the final award of the broadcast gala. "That's an exciting kind of new sea change for our country."

Of course, not every Canadian show is a hit. The quirky country-music show Three Chords from the Truth won for best comedy ensemble performance despite being cancelled after only 10 episodes. "There's nothing better than being recognized by your peers," star Phyllis Ellis said as she accepted her Gemini. "Except for maybe a second season."

LARRY MACDOUGAL/THE CANADIAN PRESS

Being Erica's Erin Karpluk celebrates her trophy for Best Performance by an Actress in a Continuing Leading Dramatic Role.

CBC's Rick Mercer Report took the award for best comedy, while George Stroumboulopoulos was honoured as best talk show host for a second year running.

Stroumboulopoulos said his show is attracting interest from other countries because it reflects Canadian values.

"To be able to make television in the country that you love and the country that you want to make television in, man, that is a gift," he said.

Flashpoint star Enrico Colantoni, who won best actor, was lured back to his hometown of Toronto for the series after working for nearly 25 years in the U.S. on shows such as Just Shoot Me and Veronica Mars.

He called it "a wonderful way to come home."

The drama about a S.W.A.T. team in Toronto also won three awards at a pre-show ceremony and nabbed best director trophy for Kelly Makin.

THE CANADIAN PRESS

Taped Oscars shun spotlight

AWARDS Without the burden of a live worldwide broadcast, members of the film academy threw themselves a lively yet relaxed dinner party to honour the first Oscar winners of the season.

The Academy of Motion Picture Arts and Sciences broke with tradition and presented its honorary Oscars off-camera Saturday night, months ahead of the televised ceremony in March.

Actress Lauren Bacall, B-movie king Roger Corman and Godfather cinematographer Gordon Willis each received Oscar statuettes during the black-tie banquet at the Grand Ballroom above the Kodak Theatre, the same room where the annual post-Academy Awards Governors Ball is held.

In addition, producer John Calley was honoured with the Irving J. Thalberg Memorial Award, recognizing career accomplishments that include Catch-22, The Remains of the Day and The Da Vinci Code.

GETTY IMAGES

Roger Corman honoured.

Each of the recipients was chosen by the academy's Board of Governors.

Tom Hanks, Jack Nicholson, Annette Bening, Morgan Freeman and Steven Spielberg were among the 600 invited guests at the inaugural Governors Awards event. "We're gathered here together, all artists, celebrating excellence without any television cameras – isn't it great?" said producer Norman Jewison.

Taped portions of the ceremony will be shown March 7. THE ASSOCIATED PRESS

Gemini winners

Here are some of the best in Canadian television:

- Best dramatic series: Flashpoint.
- Best comedy program or series: Rick Mercer Report.
- Best dramatic miniseries: Burn Up.
- Best reality program or series: Dragon's Den.
- Best talk show host: George Stroumboulopoulos, The Hour.
- Best news anchor: Diana Swain, CBC News at Six.
- Best performance by an actor in a continuing lead dramatic role: Enrico Colantoni, Flashpoint.
- Best performance by an actor in a leading role in a drama or miniseries: David Suchet, Diverted.
- Best performance by an actress in a leading role in a drama or miniseries: Erin Karpluk, Being Erica.
- Best performance by an actress in a lead role in a drama or miniseries: Christine Ghawi, Celine.
- Best variety program host: Leah Miller, So You Think You Can Dance Canada.

Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres, according to The Associated Press:

1. **2012:** $65 million US
2. **A Christmas Carol:** $22.3 million
3. **The Men Who Stare At Goats:** $6.2 million
4. **Precious:** $6.1 million
5. **Michael Jackson's This Is It:** $5.1 million
6. **The Fourth Kind:** $4.7 million
7. **Couples Retreat:** $4.3 million
8. **Paranormal Activity:** $4.2 million
9. **Law Abiding Citizen:** $3.9 million
10. **The Box:** $3.2 million

THE ASSOCIATED PRESS

Hello, Ohio!
At a weekend concert, Bruce Springsteen bellowed "Hello, Ohio!" to his fans at the Palace of Auburn Hills. That's in Michigan. The Boss referred to the neighbouring state several times until guitarist Steve Van Zandt whispered in his ear. THE ASSOCIATED PRESS

A remarkable body of work

NED EHRBAR
Metro World News

Taylor Lautner wants to clear something up: He has no problem with going shirtless on screen.

"One thing that I have heard recently, which is not true and I didn't say, was that I will never take my shirt off for a movie again," says the 17-year-old actor, whose abs and pecs have been under an unprecedented amount of scrutiny since he packed on 30 pounds of muscle for New Moon, the second film in the Twilight series.

"I didn't say that," he insists. "If the character requires it, I will." That's good to know, since with the rabid fan response to early shots of a shirtless Lautner in New Moon, he'll probably be asked to appear that way a lot. Of course, before getting to this point, Lautner had to prove to the powers behind the hugely successful franchise that the cute little guy who played Jacob Black in the first film could transform as his character does for the sequel.

KIMBERLEY FRENCH

Kristen Stewart and Taylor Lautner star in The Twilight Saga: New Moon.

The Twilight Saga: New Moon hits theatres on Friday

And while there was a lot of talk in the press that the producers were looking to replace him, Lautner said he had to ignore all of that.

"Honestly, I knew where my character went in New Moon, and that's all I tried to stay focused on," he says. "I couldn't control things outside, I couldn't control the media. But I could control what I was doing to portray Jacob Black correctly, so that's what I stayed focused on the whole entire time."

VideoOnline
Meet Jacob Black in a video featurette on New Moon's lead werewolf at metronews.ca.

That focus paid off, as is evidenced by his gym-toned physique, plastered over New Moon ads and the cover of Mens Health. But Lautner claims the hard part wasn't hitting the gym.

"The most important thing was the eating side," he says. "Everybody thinks it was the actual getting in the gym, but that was easy. I was motivated. But the eating was pretty hard. We found out that I had to consume at least 3,200 calories a day just to maintain, and I was trying to gain."

That meant stopping to eat every two hours or so, regardless of where his busy schedule took him, and carrying around bags of high-protein food, sometimes pausing mid-meeting to wolf down a couple of burger patties.

But Lautner insists it was all part of the job. "A year from now, if I love a character and I love a story that requires me to lose 40 pounds, I'm ready to do it," he says. Still, all the attention he's been getting must be distracting, right?

"I don't think there's any way to prepare yourself for this phenomenon," he says. "None of us expected it when we were filming Twilight. I don't think there's a way to ever get used to it. It's not normal to drive down a street and see your face up on a billboard. But it's Twilight. It comes with the job."

PSSST!
SO I HEAR YOU WANNA BE A FILMMAKER EH?
WELL HAVE I GOT THE PLACE FOR YOU.
Why don't you drop by Ottawa's ONE STOP ZONE for indie filmmakers, The Independent Filmmakers Co-operative of Ottawa (IFCO)? Learn the "reel" deal about filmmaking. We offer:
TRAINING (WORKSHOPS)
FILMMAKING EQUIPMENT (CAMERAS & OTHER EQUIPMENT)
SCREENING OPPORTUNITIES (CINEMAS & FESTIVALS)
LEARN MORE TODAY!
www.ifco.ca • 613-569-1789

BRAD GARRETT! ONE NIGHT ONLY!
An evening of comedy featuring
Joe Piscopo (Saturday Night Live)
Alan Park (Air Farce Live)
LOL Live COMEDY
ON THE BIG SCREEN, THURS NOV 19!
Visit cineplex.com/events for details.
GO TO METRONEWS.CA FOR A $5 ADMISSION COUPON!

DRAMA. SUSPENSE. COMEDY.
Visit metronews.ca to watch metrotube of the day

House searched as part of Crawford extortion case

INVESTIGATION German police said yesterday they had searched a home in connection with an alleged extortion scheme targeting former supermodel Cindy Crawford and her family.

U.S. authorities had said Thursday that a German man had been charged in the U.S. with trying to extort $100,000 US from Crawford and her husband Rande Gerber over a photo of their daughter, then aged seven, bound to a chair and gagged. He was accused of threatening to sell or release the photo to the media.The daughter told her parents, who were unaware of the photo, that her former nanny took the picture as part of a "cops and robbers" game, according to an affidavit.

THE ASSOCIATED PRESS

Kenya'sStyle
Kenya Hunt
Read the blog at metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

DT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 11/16/09	265	353	2	TVO	Time Team (N)		The Agenda With Steve Paikin		Midsomer Murders		Battlefield Mysteries		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	House "Teamwork" (N)		(9:01) Lie to Me (N)		Heroes (HDTV) (N)		News Final
	-	-	5	SRC	Virginie (SC)	Les Parent (N)	L'Auberge du chien noir (SC)		La Galère (N) (SC)		Le Téléjournal Nouvelles. (SC)		La Zone (SC)
	209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Gossip Girl (HDTV) (N)		Two/Half Men	Big Bang Th	(10:02) Castle (N)		Comedy Now
	196	311	7	CTV	etalk	Hollywood	Dancing With the Stars The four couples perform.				(10:02) CSI: Miami (N)		CTV News
	208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Battle of the Blades (N)		Just for Laughs (N)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	Heroes (HDTV) (N)		Trauma "M'aidez" (N)		The Jay Leno Show (N)		News
	117	713	10	TVA	La Classe de 5e (N) (SC)		Yamaska (HDTV) (N) (SC)		Lance et compte		TVA nouvelles	(10:45) Denis Lévesque	
	-	-	11	QS	La Maison de	Rire et délire	CSI: NY "Assez" (SC)		Le Mentaliste (N) (SC)		Wipe Out	L'Attaque à 5	
	137	763	12	TFO	Panorama		Méga construction		*La Femme de Checkpoint Charlie* (2007)			Villages	Bibliotheca
	-	362	13	CBS	The Insider (N)	Judge-Brown	How I Met	Accidentally	Two/Half Men	Big Bang Th	CSI: Miami (HDTV) (N)		Two/Half Men
	216	395	14	OMN2	Family Guy	The Office	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King	Chun Yi
	214	344	15	CITY	Law & Order: SVU		How I Met	Accidentally	Trauma "M'aidez" (N)		The Jay Leno Show (N)		News
	115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)		Vivere V	Omni News:	The Simpsons	King of the Hill	Metropia
	218	345	18	CHCH	*A Little Princess* ★★★★ (1995, Drama) Eleanor Bron.				*The First Wives Club* ★★★ (1996, Comedy) Goldie Hawn.				News at 11 (N)
	-	361	20	ABC	Action News	Entertainment	Dancing With the Stars The four couples perform.				(10:02) Castle (N)		News
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Little House on the Prairie		Dr. Quinn, Medicine Woman		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	House "Teamwork" (N)		(9:01) Lie to Me (N)		FOX 2 News (N)		News
	-	-	64	PBS	Business Rpt.	Whiz Quiz	Antiques Roadshow		American Experience		Dutch New York		Charlie Rose
	205	312	104	CTV	etalk	Hollywood	Dancing With the Stars The four couples perform.				(10:02) CSI: Miami (N)		CTV News
news	502	390	26	NW	Connect Today's biggest stories. (N)				CBC News: The National		*65 RedRoses* (2009)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	Hockey Subway Super Series: Russia at QMJHL. From Drummondville, Que. (Live)						Sportsnet Connected		Prime Time
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie	Le National	Le Téléjournal
	400	280	30	TSN	That's Hockey!	Monday Night Countdown		NFL Football Baltimore Ravens at Cleveland Browns. (HDTV) (Live)					
	410	403	52	SCR	RaceNight				(9:15) WWE Monday Night Raw				Score Now
family	411	457	56	OLN	Ghost Hunters International		Bounty Hunter	Bounty Hunter	Survivorman		Ghost Hunters International		Bounty Hunter
	417	406	59	SC	Pass Time	NASCAR Hub	This Week in NASCAR (N)		SuperCars	SuperCars	Barrett-Jackson		Car Crazy (N)
	554	544	48	TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	557	540	51	FAM	Sonny Chance	Zack & Cody	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	551	542	65	YTV	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	Prank Patrol	Adrenaline Proj
cable variety	570	580	29	MM	The Daily Fix		Ranked!		Fabulous Life Of...		Entourage	Wild 'n Out	mmtop10.ca
	615	520	31	A&E	Criminal Minds (HDTV)		Intervention "Lana"		Intervention "Leslie"		Hoarders (HDTV)		Paranormal
	628	584	32	SPKE	*Die Hard With a Vengeance* ★★★ (1995, Action) Bruce Willis, Jeremy Irons.					UFC Fight Night			
	521	560	34	TLC	Little People	Little People	Little People	Little People	Jon & Kate	Jon & Kate	Cake Boss (N)	Cake Boss	Little People
	145	761	35	TV5	Vie privée, vie publique		Apocalypse		Un simple maillon		Musées	Urbania	TV5 Le Journal
	616	521	39	SHO	The Outer Limits		*Destination: Infestation* (2007, Suspense)				Bones (HDTV)		NCIS
	620	523	40	BVO	The Scotiabank Giller Prize		Natalie MacMaster & Friends Talents.			The Fureys at Home in Ireland		Kaeshammer	Law & Order
	520	505	42	DIS	Daily Planet (N)		MythBusters		Dirty Jobs "Mattress Recycler"		Canada's Worst Driver (N)		Daily Planet
	575	583	43	CMT	Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	601	562	45	SLC	Rich Bride, Poor Bride		10 Pounds	10 Pounds	Instant Beauty Pageant		Plastic-Perfect	Plastic-Perfect	ET Canada
	625	548	46	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Bill Engvall: Your Sign		Daily Show
	294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: SVU		*Mission: Impossible III* (2006, Action)		
	600	564	49	H&G	House Hunters	Property Virgin	For Rent	Income Prop.	House Poor	My First Place	House Hunters	House Hunters	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		*Fire Serpent* (2007, Science Fiction) Nicholas Brendon.				Sanctuary
	581	566	53	MTV	Over the Bolts	Peak Season	Real World-Road Rules		The Hills	Peak Season	Peak Season	After	MTV Live
	618	524	54	TROP	Raymond	Raymond	The Outer Limits		ET Canada	Comeback	Family Guy	Raymond	Raymond
	522	506	55	HIS	Battlefield Mysteries		Patton 360		Battles BC (N)		Generation Kill "A Burning Dog"		
	129	773	60	CD	Biographies (HDTV)		Jetman l'homme oiseau		Science du sport (HDTV)		Preuves à l'appui (HDTV)		Mayday
	261	394	61	V	Murder, She Wrote		My Husband	Summer Wine	McLeod's Daughters (N)		Unscripted (N)	Archaeologist	Poltergeist
	602	567	62	W	Old Christine	Friends	Friends	Grocery Bag	Love It or List It (N)		House-Sell	Divine Design	Love It-List It
	269	350	70	APTN	Parler-Survivre	Makusham	Notre Peuple		*Pocahontas, la légende* ★★ (1995, Drame Historique)				La Cité
	621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	603	561	95	FN	Ricardo	David Rocco	Food Jammers	Food Jammers	Top Chef: Las Vegas		At the Table	At the Table	Restaurant

critics'corner

Trauma
A high-speed boat collision interrupts a wedding celebration at sea, where things get lost in translation as the team tries to help the injured. Nancy takes time to reconnect with her family. Marisa comes to the aid of those close to her in the new episode "M'Aidez." 9 PM on 15 CITY 9 NBC

Heroes
Samuel discovers how powerful he can become and goes to dangerous lengths to reach his full potential. Tracy starts to lose control of her ability just as someone close comes in harm's way. Matt and Sylar's battle continues in the new episode "Brother's Keeper." 8 PM on 9 NBC; 10 PM on 3 GTV

Battle of the Blades
The votes are in, and tonight we'll find out which odd-couple team of a champion figure skater and a hockey player is Canada's favorite. But expect some special surprises in the hourlong season finale before the big announcement. Ron MacLean and Kurt Browning co-host the festivities. 8 PM on 8 CBC

Lamas gets arrested

Shayne Lamas was arrested on suspicion of drunk driving in Venice, Calif., around 1 a.m. Saturday morning. "I take full responsibility for my lack of judgment," said Lamas, who is due in court Dec. 9, to E! News. METRO WORLD NEWS

Celebrity Buzz

Did Jolie plant Aniston stories?

THE ORIGINAL MEAN GIRL Is Jolie the worst Mean Girl of them all — and is Brad Pitt's ex-wife Jennifer Aniston her most-wounded victim?

Brangelina: The Untold Story of Brad Pitt and Angelina Jolie reports that Jolie, 34, waged "a mean-spirited but effective campaign" against Aniston around the time that Pitt divorced her to be with Jolie, usmagazine.com reports.

The new Us Weekly has the exclusive first look at what's really inside the shocking new tell-all — and reveals the truth behind some of the alleged bombshells.

Author Ian Halperin asserts in his book that Jolie and her camp (including her manager Geyer Kosinski and brother James Haven) planted press stories in 2005 that painted Aniston in a negative light. Specifically? That Aniston firmly prioritized her career over starting a family — which put her directly at odds with Pitt, who ached for kids.

Jolie, Halperin writes, "was convinced that this is the story that would resonate with all these women who saw her as a man-stealing bitch."

METRO NEWS SERVICES

Celebrity tweets

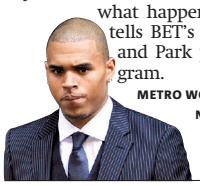
Jessica Simpson is influenced by her surroundings, Snoop Dogg heads to the Playboy Mansion, Al Roker doesn't feel like talking to Heidi Montag and Spencer Pratt and Heidi Montag knows how to make a Saturday night special.

- @JessicaSimpson WOW!! Children make me a child again. So interesting.
- @snoopdogg oowee luv them playboy bunnies!! Kiccn it with hugh right now.. This cat a real true pimp.. Ya heard
- @alroker Programming update. No Heidi/Spenser interview. We wish them well on their book tour
- @heidimontag shooting at the gun range!

METRO WORLD NEWS

Brown follows Rihanna's lead

GOING PUBLIC Chris Brown is following Rihanna's lead and hitting TV shows to discuss his assault conviction. "At the end of the day, I'm human. I can't make everybody love me, but I can just try. And I can honestly say that I'm sorry," Brown, who says he's "embarrassed" by what happened, tells BET's 106 and Park program.



METRO WORLD NEWS

It's all an act: Fox

ALWAYS ACTING? Megan Fox is just fine with all the attention she gets, since it's all an act, she claims to the New York Times. "I'm not willing to give my true self up," the 23-year-old Transformers star says. "You have to be put in a box in this industry so they can sell you."

METRO WORLD NEWS

Rodriguez to propose?

MARRIAGE SPECULATION With the World Series under his belt, Alex Rodriguez is reportedly ready to take on his next challenge: proposing to girlfriend Kate Hudson.

"He's been talking about proposing quite a bit lately," a source tells OK! magazine.

"He wants to think of a creative and cute way to pop the question." And the couple, who have been inseparable for months, have even been joking around about tying the knot. "Kate loves to say, 'I don't look like a Rodriguez — you'll have to take my name,'" the source says.

METRO WORLD NEWS

Kourtney baby shower

ALL IN THE FAMILY It was all about adding to the Kardashian clan Saturday as nearly 80 guests joined Kris Jenner and her daughters Kim, Khloe, Kylie and Kendall to host a baby shower for Kourtney, people.com reports.

The first-time mom-to-be, 30, is due in December, with boyfriend Scott Disick's baby.

"It was a huge success," a source tells People of the shower, which began at noon and was organized by Los Angeles-based event planner Sharon Sacks, at the family's home in Hidden Hills, Calif.

METRO WORLD NEWS

Psychic inspires O'Donnell to reveal break-up details

PUPPY LOVE Rosie O'Donnell may have said last month that she was done commenting on breakup rumours dogging her relationship with her partner of five years, Kelli Carpenter, but that changed Friday, people.com reports.

On her Sirius Satellite radio show, O'Donnell suddenly admitted Carpenter had moved out of their home two years ago. The reason for the big reveal? A pressing psychic and a long-haired chihuahua.

"Where did you get her from Rosie? Because she says she came from somewhere. And she said she's happier with you," pet psychic Sonya Fitzpatrick said of O'Donnell's dog Misty. "She's so spoiled and she loves to burrow."

O'Donnell confirmed: "She does! She burrows in the bed right next to me."

And, when asked who "sometimes looks after her," O'Donnell explained her four children all fight over caring for the pup. "What happened (was) when Kelli moved out two years ago, I got the dog. Because I wanted another child or something to love. And I got the dog."

METRO NEWS SERVICES

Lack of special treatment leads to Lohan meltdown

SPOILED LITTLE RICH GIRL Lindsay Lohan isn't getting the same treatment from bars and clubs she did when she was at the height of her fame, and she's reportedly none too thrilled about it, if a recent episode at Crown Bar in West Hollywood is any indication.

"Lindsay stormed into the kitchen and grabbed two bottles of really expensive champagne. She finished both bottles with a friend. When the bartender gave her a bill, she had a meltdown," a source says, according to Hollyscoop. "She was yelling at him and screaming profanities at everyone. The bar insisted she pay, so she had to call a friend with her credit-card information."

METRO WORLD NEWS

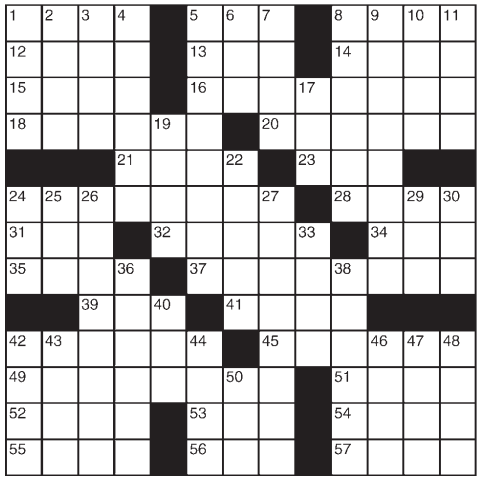
The Weather Network
©The Weather Network 2009

Today Sunny 6° / -2°
Tuesday Sunny 4° / -1°
Wednesday Sunny 6° / -1°

TAKE THE WEATHER WITH YOU
visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Trade blows
5 Light application
8 Slays, syndicate-style
12 Perspiration vent
13 Gorilla
14 Highland hillside
15 Verve
16 Lack of restrictions
18 Strong greenish blue
20 Pal
21 Restaurant list
23 CSA soldier
24 Impassioned
28 Pleasant
31 Judge Lance
32 Japanese, e.g.
34 Scoot
35 Pinnacle
37 Left to fend for oneself
39 Listener
41 Rim
42 Hitchcock or Nobel
45 One offering securities
49 Elsa's tale
51 Salver
52 Duel tool
53 Em halves
54 Being (Latin)
55 Ogler's look
56 Drenched
57 Week components

DOWN

1 Detail, for short
2 Game played on horseback
3 Bedouin
4 Change the title
5 Insanity
6 Springtime mo.
7 Surf-and-turf part
8 Leno's successor
9 Lynyrd Skynyrd classic
10 Willing, old-style
11 Transmit
17 Bobble
19 Golf legend Tony
22 Join together
24 By way of
25 And so forth (Abbr.)
26 Out of harm's way
27 Last to miss the deadline
29 Prompt
30 Conclude
33 Gripes repeatedly
36 Breadwinner
38 Fit inside one another
40 Sports arbiter
42 Cain's victim
43 Bound along
44 Sketched
46 — Minor (constellation)
47 Simple
48 Deli loaves
50 Away from WSW

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

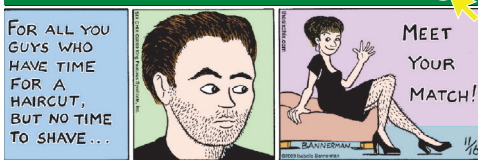
7				6		9		
2					5	8		3
			8			2		
		1	4		8	6		7
5		6	9		3	4		
		7			4			
9		2	6					1
		3		5				4

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

7	5	4	3	8	6	9	2	1
6	9	3	2	4	1	5	8	7
1	2	8	7	5	9	3	4	6
3	4	1	6	2	5	8	7	9
5	8	6	9	7	4	2	1	3
9	7	2	8	1	3	6	5	4
8	1	9	4	3	2	7	6	5
2	3	5	1	6	7	4	9	8
4	6	7	5	9	8	1	3	2

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Country Frittata

INGREDIENTS:

2 tbsp (25 ml) olive oil
3 leeks, sliced into rings
1/2 butternut squash, peeled and cut into small cubes
2 tbsp (25 ml) pine nuts
8 eggs
1/2 cup (125 ml) 10% cream
3 tbsp (45 ml) grated Parmesan cheese
2 fresh sage leaves or small bunch of fresh chives, about 3/4 oz (20 g), chopped

METHOD:

1. Heat olive oil in heavy cast-iron or nonstick frying pan (10-12 in./25-30 cm diameter) that can be used safely under broiler (wrap wooden handle with foil).
2. Add leeks and squash to pan and stir well. Cook over medium heat for 10 minutes or until just soft, stirring frequently. Stir in pine nuts.
3. While vegetables are cooking, break eggs into large bowl. Add cream, Parmesan and herbs. Season and mix thoroughly with fork. Stir in cooked vegetables, then tip mixture back into pan.
4. Turn down heat and cook gently 4-5 minutes or until almost set. Meanwhile, preheat broiler to high.
5. Slide pan under broiler and cook frittata 2-3 minutes or until puffed and golden brown. Eat hot or warm, cut into wedges.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Sometimes your views, especially about material matters, have been a bit too rigid in the past. But now you can see there are more important things.

TAURUS ♉
APRIL 21-MAY 21
A new moon in your opposite sign means you can't have things all your own way, but why would you want to?

GEMINI ♊
MAY 22-JUNE 21
You need help occasionally like everyone else, and now is the time to ask for it — especially if you find yourself being left behind on the work front.

CANCER ♋
JUNE 22-JULY 22
Your self-belief may have taken a dive in recent days but the new moon in your fellow water sign of Scorpio will bring your confidence flooding back.

LEO ♌
JULY 23-AUG 23
You no doubt feel sorry for someone whose luck has deserted them, but keep your distance and don't get personally involved.

VIRGO ♍
AUG 24-SEPT 22
Today's new moon will make you more outgoing than usual. That's good, because increased social contact could lead you to useful information.

LIBRA ♎
SEPT 23-OCT 23
Something will happen today that makes you feel a whole lot better about your long-term prospects — emotional, professional and even financial.

SCORPIO ♏
OCT 24-NOV 22
What happens today, tomorrow and in the run-up to the Sun's change of signs on Nov. 22 will make you realize that life is good and getting better.

SAGITTARIUS ♐
NOV 23-DEC 21
You'll be asked to help a friend in need today and you won't think twice. But make it clear that you expect them to look after themselves in the future.

CAPRICORN ♑
DEC 22-JAN 20
You will leave an important task to the last possible moment today, but that's OK, because you thrive on that sort of pressure.

AQUARIUS ♒
JAN 21-FEB 18
No matter how many times you may have fallen short in the past, you will succeed now. Your ambitions will be intensified by today's new moon.

PISCES ♓
FEB 19-MARCH 20
The only reason some people don't want you to do anything out of the ordinary today is because they are worried it will make them look bad.

OTTAWA'S ONLY DRUM SHOP
390 Gladstone Ave.
Ottawa, ON K2P 0Z1
Mon-Wed 10am-6pm
Thurs & Fri 10am-8pm
Sat 10am-5pm
Dave's DRUM SHOP Inc.
Toll Free 1 866 553 DRUM
613-594-DRUM
that's 613-594-3786
Now on your phone
m.davesdrumshop.com

FLIGHT CENTRE Unbeatable
Punta Cana Christmas
7 Nights 4-Star All-inclusive
$1017
VH Victoria Resort and Beach
+ taxes & fees $311
Departs Dec 21/sig/5g.
1 866 720 4853 | flightcentre.ca
Conditions apply. Ex: Ottawa. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST and fuel supplements and are approximate and subject to change. sig=signature, 5g=sky service. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384
TICO

16 new ways to make life a little easier.

ESPN Score Center
Free • Get instant scores and updates on the fly from one of the most reliable names in sports news. ESPN's personalized scoreboards let you organize by sport and team so you get the updates you want, fast.

Twittelator Pro
$4.99 • Do you tweet? Use Twittelator Pro to send updates on the go, and bring them to life with photos and videos captured right on your iPhone.

The Sims 3
$6.99 • The ever-popular computer game arrives on the iPhone. Customize your Sims, explore stunning 3-D worlds and experience everything "real" life has to offer.

Tom Tom U.S. & Canada
$99.99 • Turn your iPhone into a fully featured Sat Nav with Tom Tom's expert voice-guided turn-by-turn directions, automatic re-routing, and more. It even links with your contacts list to give you directions to any address.

CBC Radio
Free • Listen to CBC Radio on your iPhone. Tap into 19 live streams and over 60 popular programs on-demand. Browse archived episodes and create a favorites list for quick access to the programs you love.

Cooliris
Free • Bring the web's most interesting photos, videos and news right to your iPhone on an endlessly streaming wall. Browse content with the flick of a finger, then share via email or Twitter.

Wine Ph.D.
$4.99 • Go from wine novice to enthusiast in seconds. Just use your iPhone to search the Wine Ph.D. database by name, producer, varietal, region, food pairings or published ratings.

Local Concerts
Free • Want to know who's playing tonight? Local concerts taps your music library and a large global database to notify you of upcoming shows. Browse events by date or venue, then buy tickets right from your iPhone.

TuneWiki
Free • Listening to music on your iPhone and want to know the lyrics? Tunewiki serves up lyrics to songs from your iTunes library so you can follow along as the song is playing.

Epicurious
Free • Can't decide on dinner? Get Epicurious recipes right on your iPhone. Search by type, what's in your fridge or what's in season. Then make a shopping list with the touch of a button.

Barista
$2.99 • Let your iPhone teach you how to make coffee-shop quality espresso, even when you're at home with step-by-step directions on everything from pulling the perfect shot to pouring latte art.

GoodGuide
Free • Shop green with your iPhone. Now you can easily check the health, environmental and social impact of over 70,000 products, from food to toys, on-the-go and before you buy.

Mover
Free • Now it's easier than ever for two iPhones to share stuff. With just the swipe of a finger, you can transfer photos, contacts and more to another iPhone over the same WiFi network.

Rocket Taxi
$1.99 • Ever notice cabs are scarce when you need one? Using your iPhone's built-in GPS feature, Rocket Taxi will find a taxi closest to you. Then all you have to do is tap to call for your ride.

AroundMe
Free • When travel takes you to a new place, AroundMe can quickly find nearby businesses from the nearest bank to the closest gas station then route them for you using your iPhone's GPS.

Convertbot
$0.99 • Convert currency, length, mass, time and more. Convertbot's simple, intuitive interface makes conversion easy, even handling mixed units, like feet and inches.

It's amazing how much stuff you can do with an iPhone. With all kinds of apps to help with everything from shopping to gaming to cooking to tweeting. In fact, there are over 90,000 apps for just about anything, only on the iPhone.

TELUS | iPhone 3GS

©2009 Apple Inc. All rights reserved. 1-800-MY-APPLE or www.apple.ca. Some applications are not available in all areas. Application availability and pricing are subject to change. TELUS is a trademark of TELUS corporation, used under license. All other trademarks are the property of their respective owners. © 2009 TELUS.